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# HAVE A MAD MEN PERSONALITY?

WITH THE NEW SEASON APPROACHING, OUR SELF-HELP EXPERT HAS SOME ADVICE FOR OUR FAVOURITE CHARACTERS

PAGE 16



CALGARY

# metro

®

Tuesday, March 20, 2012



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## Slave Lake fire response to be reviewed

**Look back.** Province wants its performance in last year's Slave Lake blaze independently assessed

Alberta is launching a formal review of how well it responded to a fire last May that

destroyed a large portion of the town of Slave Lake.

The consulting firm KPMG will interview emergency responders who handled the evacuation and some of the 7,000 residents who were forced to flee their homes.

"The review will (first) focus on collecting feedback and insights from the emergency responders and that's basically

... to free them up during this year's wildfire season, which is underway now," Municipal Affairs spokesman Jerry Ward said Monday.

"Later this spring, we're going to get input from the residents and get their insights as well as to what we did well and what could be done better — both in response and short-term recovery efforts."

All interviews will be on a voluntary basis, he said.

"We're going to have people on the ground from KPMG and they will be making themselves available for the general public to come in and discuss their insights into what happened."

KPMG is to submit an interim report by the May 15 anniversary of the fire that de-

stroyed 400 homes and caused more than \$700 million in damage.

A final report with recommendations is to be presented to Municipal Affairs before the fall.

Ward said the review isn't intended to find blame or legal liability, but to learn how the government can do better in the future.

The review is separate from another government study underway into the conditions that led to the fire and how it was fought.

That report is to be released this spring.

It's believed an arsonist ignited the blaze that left 2,000 people homeless, but no arrests have been made.

THE CANADIAN PRESS



## POETIC LICENCE

PAGE 6

Kris Demeanor has gotten a new gig as Calgary's poet laureate. CANDICE WARD/FOR METRO

## Transit takes up texting

Calgary Transit offers cellphone users the chance to track their bus

PAGE 4

## Jewish school attacked

A motorcycle assailant opened fire with two handguns Monday in front of a Jewish school in France

PAGE 9

## Manning picks Broncos

Quarterback Peyton Manning is set to join John Elway's Broncos with hopes of winning another Super Bowl

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Provincial funding

## Property-tax hike to stay at six per cent: City council

Through some financial finagling by city council, Calgarians will see the same residential property-tax hike originally proposed in November.

With the province increasing their take of the education property tax, the combined tax hike between the two levels of government would have been about 6.5 per cent.

However, council decided Monday to use \$5 million of a \$15-million fund created from "tax room" left by the province to offset the increase to the provincial take of funds.

"Many people in council had a problem with that because it actually lets the province off the hook for what is a significant tax increase from the province," said Mayor Naheed Nenshi.

"In my mind, standing on bad principle by hurting the taxpayer wasn't the right thing to do."

Ald. Gord Lowe, who ultimately voted in favour of the proposal to reduce the tax hike, said it sets a dangerous precedence.

"Until such time as we have a structural change in the relationship, financial relationship between the province and the federal government, these discussions are going to continue," he said.

Nenshi said he plans to make this an election issue.

"Is there an opportunity because of this election? Absolutely. Is the City of Calgary going to seize that opportunity? Absolutely."



Businesses along International Avenue in the city's southeast may be part of a study to determine the feasibility of a carbon-credit zone. CANDICE WARD/FOR METRO

# SE avenue may generate profit from going green

**Feasibility study.**  
Council members will decide whether or not to fund a feasibility study for carbon-credit zone



KATIE TURNER  
katie.turner@metronews.ca

Businesses along International Avenue could soon go green to generate a little green for the community.

The area business-revitalization zone is hoping a feasibility study will help determine what kind of revenue generation could come from creating a carbon-credit zone.

By assisting local businesses in reducing their greenhouse-gas emissions, executive director of the International Avenue BRZ Alison Karim-McSwiney said the BRZ hopes to capitalize on potential carbon credits.

"It's a little out there in terms of its thinking," said Karim-McSwiney.

"I think that we could then amalgamate and aggregate those credits into something that could then be a source of funding for some of our communities."

She said initially, a handful of businesses ranging from restaurants to office buildings to manufactures would be selected to pilot the initiative. From there, experts would help determine the potential return

By the numbers

- **Business tally.** More than 425 businesses are located along International Avenue, according to a city report.
- **Proposal.** The BRZ's proposal is based on a list of 21 area businesses.
- **Carbon credits.** According to the report, in the Alberta carbon-offset market, carbon credits average between \$10 and \$15 per tonne.

on investment for business owners.

Area Ald. Andre Chabot said International Avenue, which runs along 17 Avenue Southeast between 26th and

61st Street, has hundreds of merchants.

"When you're talking about that large or a strip of land with that many business owners, you don't have to have any one large user — just the culmination of all of them .... could generate some pretty reasonable revenues."

Karim-McSwiney said the ultimate goal would be to create a fund from the carbon credits from which community members could apply for grants.

"I think that this will be a very exciting area because it will be an environmentally sustainable area."



For more local news visit [metronews.ca/calgary](http://metronews.ca/calgary)

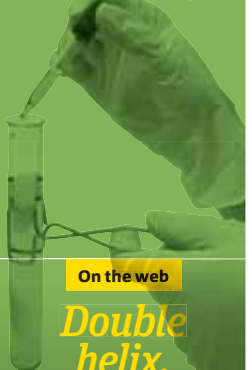


NEWS

Mobile news



The KONY2012 video may have more than 83 million views on YouTube, but a clip of Invisible Children founder Jason Russell's naked romp on a street corner is now taking over the web. Scan the code for the story



On the web

**Double helix, double bind**

The state of New York will start collecting DNA samples for a permanent database from people who commit even minor crimes like shoplifting or subway-turnstile jumping. Watch at [metronews.ca/video](http://metronews.ca/video)

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## Wildrose. Campaign bus lights up social media

It appears the Wildrose party is taking Alberta's cyclical nature — boom or bust — to heart.

Social-media streams lit up after the upstart party unveiled a full slate of provincial election candidates and a new campaign bus Monday.

The bus is adorned with an upper-body shot of the Wildrose Leader Danielle Smith, with the vehicle's rear wheels positioned in an interesting spot on her chest.

METRO



The Wildrose party unveiled its new campaign bus Monday.

LAURIE CALLEN/FOR METRO

### Mischief

#### Teens arrested after bridge vandalized

Three teens were arrested Sunday after allegedly vandalizing a pedestrian bridge in the 5400 block of Crowchild Trail Northwest.

They were charged with one count each of mischief and released into the custody of their parents.

METRO

### Calgary Fire Department

#### Family safe following basement fire

Early Monday, the firefighters responded to a call in the 1700 block of 41st Street Northwest, where they found a self-contained basement kitchen fire.

Five occupants of the single-family residence were home at the time but were not injured. METRO

## Testimony. Mom says she has no memory of drowning kids

An Alberta woman charged with killing her two sons says she has no memory of drowning the boys two years ago.

Allyson McConnell is testifying in her own defence at her second-degree murder trial in Wetaskiwin, Alta.

She told court that she

has suffered from depression for years and tried to commit suicide several times.

McConnell has admitted to drowning two-year-old Connor and 10-month-old Jayden in the bathtub of the family home, but has pleaded not guilty.

THE CANADIAN PRESS



Next time you're at your preferred bus stop, you'll be able to text to get the arrival time of the next bus. CANDICE WARD/FOR METRO

# Text service offered for commuters to track times

**Perfect timing.** Calgary Transit offers cellphone users the chance to track their bus

ERIC FRASER

calgary@metronews.ca

Get your thumbs ready. Calgary Transit is rolling out a new Teletext system that provides riders with up-to-the-

minute stop times for their preferred bus routes.

With three options to choose from, users have the ability to request specific stop times for any route by simply texting their desired stop number to 74000.

Ron Collins, of Calgary Transit, said Monday the new program allows riders another way to stay on top of their routes.

"It's another convenient option for customers with mobile

devices," Collins said.

For those who travel the same route every day, there is the option of going to calgary-transit.me to create a personal profile of their preferred routes, as well as the option of being notified by text about delays and transit announcements.

"It's about making using transit for customers more convenient," Collins said.

Calgary resident Brent Reuther likes the idea of the new text system.

### Teletext

The service covers every bus route in Calgary — standard text-message rates apply.

"I love the idea. It's less cumbersome than the phone-in system they were using previously. The voice system was so annoying that I was actually deterred from using it," Reuther said.



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## Alberta election. Full slate of candidates for top three parties

With just days to go before the expected start of a provincial election campaign, three of the main parties have full slates of candidates.

Wildrose Leader Danielle Smith announced the last of her party's 87 candidates just before unveiling her campaign bus.

Premier Alison Redford's Tories and the New Democrats have already announced full slates.

The Liberals are lagging with 57 candidates, but Leader Raj Sherman says there will be 87 when voters go to



Alison Redford METRO

the polls.

The Alberta Party has 26 candidates.

Redford has said she'll drop the writ soon after the provincial budget passes this week. **THE CANADIAN PRESS**

### Moving up

#### Calgary a global finance leader: Think-tank

Calgary has joined the ranks of the world's financial hubs by placing 28th on Z/Yen Group's most competitive financial centres. Calgary is one of only four Canadian cities.

METRO

### Road gives out

#### Truck pulled from sinkhole in Capitol Hill

Calgary firefighters were called out to a truck in distress Monday afternoon. The truck had lost its back end in a sinkhole at the intersection of 24 Avenue and 18 Street Northwest. **METRO**

# Calgary's poet laureate vows to keep it clean



Singer-songwriter Kris Demeanor addresses city council on Monday after being named Calgary's first poet laureate. **CANDICE WARD/FOR METRO**

### Poetic licence.

Position lasts two years, comes with honorarium of \$10,000

**CANDICE WARD**

calgary@metronews.ca

Kris Demeanor is your new poet and now you all know it.

Demeanor is Calgary's first poet laureate, announced Monday at city hall, and will play a key role as a cultural ambassador for the city and the arts.

"I promise I will be the best court jester I can be," Demeanor said at the announcement.

Demeanor is a Calgary-

### Surely you jest

"I promise I will be the best court jester I can be."

Kris Demeanor, Calgary's poet laureate

born songwriter and a fixture of the city's spoken word, literary and theatre communities.

He says he is thrilled to receive the title and believes it will be a natural fit for him.

"This will be an extension of what I have always done," he said. Demeanor read a poem about his father at the announcement ceremony, and said he will be preparing pieces for some of the big upcoming events such as the 100th Calgary Stampede and, possibly, the opening of the Peace Bridge, although he will not be able to attend that event because of a previous commitment.

His work is known for exposing the darker side of Western Canadian life, touching on such topics as gambling, drug use, murder, religion and life in the suburbs.

But he says he'll do his best to keep the language clean while rhyming off odes to Calgary and its milestones.

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# Aveos layoffs could cause flight delays, says Air Canada

**Broken planes.** Nearly 3,000 passengers daily could be affected if planes aren't promptly returned to service

Air Canada said Monday it could be forced to cancel flights and strand thousands of passengers if the maintenance company that obtained creditor protection Monday is unable to complete repairs to several planes.

Despite saying earlier in the day it won't be affected by the closure, the airline's lawyers argued in vain Monday for a Quebec Superior Court judge to order Aveos Fleet Performance not to lay off more workers and meet its obligations to complete the repairs.

Three wide-body planes and several narrow-body aircraft are sitting in Aveos facilities across the country, some missing landing gear.

Air Canada lawyer Louis Belanger said the next 24 to 48 hours will be crucial in determining whether the aircraft repairs can be completed on schedule. He said nearly 3,000 passengers daily could be affected if the planes aren't promptly returned to service.

Despite what it argued in court, Air Canada said in a news release that its fleet's maintenance and repair ac-



Aveos workers demonstrate near the Winnipeg Richardson Airport on Monday after being locked out Sunday. Nearly 350 jobs in Winnipeg are in danger of being lost. BERNICE PONTANILLA/METRO WINNIPEG

tivities are done in-house and won't be affected by the plant closures.

"The airline's line maintenance has always been performed directly by Air Canada, at the airline's own facilities by Air Canada's 2,300 maintenance employees," the airline said in a statement.

Montreal-based Aveos said it has permanently shut its airframe-repair business. The move will affect about 1,800 of the company's 2,600 employees. **THE CANADIAN PRESS**

## Dispute

- Aveos shut down three main plants in Vancouver, Winnipeg and Montreal, as well as other facilities in Edmonton, Calgary, Trenton, Ont. and Mississauga, Ont.
- The International Association of Machinists and Aerospace Workers says Air Canada caused the problem by sending its aircraft maintenance to other providers.

## Child abandonment

### Mom gets drunk, leaves baby in leaves, police say

A seven-month-old girl is fine after her mother allegedly got drunk early on St. Patrick's Day and left her in a pile of leaves near a Portage la Prairie, Man., school.

RCMP said a cyclist riding past a school at about 3:45 a.m. Saturday heard a noise that sounded like a cat. Stopping to check it out, he found a baby girl lying in a pile of leaves near the steps of the school.

The baby was taken to hospital and treated for exposure, and is reported to be doing well. RCMP have arrested the mother, 28, and charged her with child abandonment. Her name will not be released to protect the child's identity.

ELISHA DACEY/METRO WINNIPEG

## Byelection

### Layton's Toronto-Danforth riding easily stays NDP

The New Democrats have hung on to the late Jack Layton's riding. Preliminary byelection results give NDP candidate Craig Scott close to 60 per cent of the vote. Scott is a law professor, human-rights lawyer and neophyte politician.

**THE CANADIAN PRESS**



NDP candidate Craig Scott  
THE CANADIAN PRESS

## Investigation

### London rioters face expulsion from college

Fanshawe College students convicted of criminal charges in a St. Patrick's Day riot could be expelled, president Howard Rundle said Monday.

Rundle said eight students have already been suspended. "This is unacceptable. It will not be tolerated, it will not be excused and we will not have those people as students of this college," he said.

Police are continuing to investigate the riot, which officials have said attracted about 1,000 people to Fleming Drive, where a vehicle was torched and beer bottles were pelted at first responders.

ANGELA MULLINS/METRO LONDON



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# Balloon pilot saves skydivers before fall

**Georgia.** Investigators believe stormy winds collapsed the hot-air balloon, twisting it into the shape of a streamer

A hot-air balloon pilot found a safe spot for his skydiving passengers to bail out just before a thunderstorm sucked in his craft and sent him plummeting to his death.

Searchers found the body of 63-year-old Edward Ristaino on Monday after combing the woods in south Georgia with helicopters, airplanes, horses and all-terrain vehicles. Ben Hill County Sheriff Bobby McLeMore said a helicopter spotted the balloon, and searchers on the ground then found the North Carolina resident dead.

Ristaino was ferrying the five skydivers Friday night when the fast-developing storm struck. Two of the sky-

divers say Ristaino kept them safe by spotting a field where they could safely parachute and telling them to jump as the storm approached.

"If we would have left a minute later, we would have been sucked into the storm," said skydiver Dan Eaton of Augusta, Ga.

He said he didn't think Ristaino's choice to embark on the trip was reckless.

They took off into a blue sky from a festival in Fitzger-

ald, Ga. From the air, they could see only a fog-like haze that later turned into a fierce thunderstorm.

The storm "came out of nowhere," said skydiver Jessica Wesnofske of Cornelia, Ga.

Wesnofske said winds from the storm whipped and rocked her parachute on the way down, making her realize how strong the storm had become.

"By the time we got to the ground, the lightning was hit-

ting the ground," Wesnofske said. "There was spider lightning across the sky."

As the storm lifted Ristaino into the clouds, he was using a walkie-talkie to speak with his ground crew, McLeMore said.

"He told him he had gone into the clouds, that an updraft had taken him up to 17,000, 18,000 feet," McLeMore said.

At some point, authorities believe the storm's winds collapsed the balloon and twisted

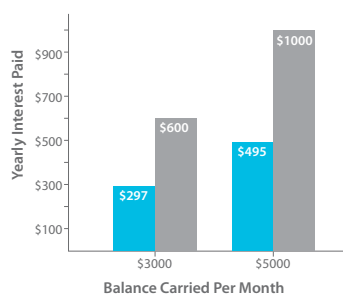
it into the shape of a streamer. The last time anyone heard from the pilot, McLeMore said, he saw trees beneath him.

"He had just made the statement that 'I'm at 2,000 feet and I see trees,' and that was his last transmission," he said.

The chaotic nature of the storm complicated searchers' efforts to figure out exactly where the balloon crashed.

**THE ASSOCIATED PRESS**

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## Colorado wildfires contained

A wildfire sends up a huge wall of smoke Sunday, forcing authorities to temporarily close a section of U.S. Highway 34, east of Yuma County, Colo. Residents of the small town of Eckley have been allowed to return home after firefighters contained most of the wildfire. TONY RAYL/THE YUMA PIONEER/AP

### Village in England

#### Englishman nettles neighbours with Nazi salutes

A British math teacher was convicted Monday of harassing his German neighbours with loud wartime music and Nazi salutes.

Prosecutors said Geoffrey Butler, 54, caused Reinhard and Kathryn Wendt four years of misery, among other things miming a Nazi salute and a Hitler moustache, playing a Winston Churchill speech and blasting patriotic British songs like "Rule Britannia."

Butler was sentenced to a three-year conditional discharge, which allows him to remain free unless he offends again. **THE ASSOCIATED PRESS**

### Myanmar

#### Second World War mortar kills child

A security official in Myanmar says a mortar round left over from the Second World War has exploded accidentally for the second time in the country, killing a 12-year-old boy and two other people.

The official said the blast occurred Monday in Mandalay as it was being dismantled for scrap metal at a smelting plant.

Bombs from the war are still found in Myanmar from time to time.

In September, seven people were reported killed when World War II ordnance they found in a river in the west of the country exploded. **THE ASSOCIATED PRESS**

# Sarkozy condemns attack on Jewish school

**Toulouse, France.**  
Children, rabbi killed  
in front of school

A motorcycle assailant opened fire with two handguns Monday in front of a Jewish school in the French city of Toulouse, killing a rabbi, his two young sons and a schoolgirl. One of the guns had also been used in other deadly motorcycle attacks in the area, officials said.

A 30-year-old rabbi and his 3-year-old and 6-year-old sons were killed just before classes started at the Ozar Hatorah school, a junior high and high school in a quiet residential neighbourhood, Toulouse Prosecutor Michel Valet said.

Another child, the 8-year-old daughter of the school principal, was also killed, school officials said. Valet said a 17-year-old boy was also seriously wounded and in the operating ward of a city hospital.

"He shot at everything he had in front of him, children and adults," Valet said. "The children were chased inside the school."

Authorities ordered increased security at schools and synagogues around the country after an attack that revolted France, where school shootings and deadly attacks on Jews are extremely rare. The third motorcycle-based slaying in the area in a week, it produced high-level uproar

## Tragedy

**"Barbarity, savagery, cruelty cannot win. Hate cannot win. We will find him."**

Nicolas Sarkozy, French president

in Israel and drew condemnation from the U.S. government.

French prosecutors were studying possible terrorist links, but the motive for all three attacks was unclear.

News that the gun was used in attacks last week around Toulouse fueled suspicions that a serial killer is targeting French minorities, and

not only Jews. The dead and injured in the earlier attacks were paratroopers of North African and Caribbean origin.

French President Nicolas Sarkozy rushed to Toulouse to visit the school with Richard Prasquier, the president of CRIF, the umbrella group representing Jewish organizations.

Sarkozy denounced "the savagery" of the attack and vowed to track down the killer or killers.

He ordered increased security at Jewish and Muslim buildings around Toulouse, while his prime minister told officials to "secure" all school and religious buildings in the entire country.

THE ASSOCIATED PRESS



Students comfort each other at the Ozar Hatorah Jewish school.

REMY DE LA MAUVINIÈRE/THE ASSOCIATED PRESS

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**TESTIMONIAL - Thank you so much!** "My fiancée and I had always thought that we were relatively healthy at 47 years of age and had fairly decent eating habits in that we were conscious of what we put into our bodies - fresh fruit and veggies, as little processed meats, white flour, sugar, salt, etc. but over the last 6 months or so we were beginning to feel sluggish and that our age was finally catching up to us - very rapidly. We searched the internet and narrowed our search to CleanseSMART's 30 day cleanse. We are very happy to report that after only five days both of us felt an amazing change in our bodies - lighter, healthier and more energized! Thank you so very much for your expertise in formulating this cleanse." - 2008-01-16

### Rapid Cleanse

Quick 7 Day Cleanse

**TESTIMONIAL - Excellent!** "I tried this because I was feeling sluggish with achy muscles, I now have more energy than I have had in a long time. Excellent product! I will likely try the 30 day CleanseSMART cleanse when I have the time but for a quick feel good solution this is the answer." - 2009-09-15

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## Market Moment



**DOLLAR**  
101.27¢ US  
(+0.45¢)



**TSX**  
12,479.7 (-17.27)



**OIL**  
\$108.09 US (+\$1.03)



**GOLD**  
\$1,667.30 US (+\$11.50)

**Natural gas:** \$2.351 US (+2.5¢)  
**Dow Jones:** 13,239.13 (+6.51)

## Fair play

## Toy company makes ethical list

A think-tank that promotes business ethics and corporate social responsibility has named Rhode Island-based Hasbro Inc. one of the world's most ethical companies.

The New York-based Ethisphere Institute says the toy maker is one of 145 companies on the list this year. This is the first time Hasbro is on

the list.

Ethisphere has done the rankings for six years.

Ethisphere says the companies on the list follow ethical business practices and go beyond legal compliance minimums. Companies can either nominate themselves or be nominated by others.

Hasbro calls it an honour to be selected and says that integrity is a central part of its business.

Other companies on the list include Starbucks, Whole Foods, eBay, Aflac, PepsiCo and UPS. **THE ASSOCIATED PRESS**

## Stock options. Apple rewards shareholders with dividend, buyback

Thirty-six years after its founding, Apple Inc. is finally loosening up its purse strings to reward shareholders directly, by instituting a dividend and share-buyback program.

Investors had been expecting Monday's announcement, driving up Apple shares 37 per cent since management hinted in January that a dividend was in the works.

Apple, the world's most valuable company, sits on \$97.6 billion in cash and securities. For years, CEO Steve

Jobs resisted calls to reward shareholders with some of that money.

He used to say that the money was better used to give Apple manoeuvring room, for instance by giving it the ability to buy other companies.

Jobs died in October after a long fight with cancer. On Monday, new CEO Tim Cook said that with this much cash on hand, a dividend wouldn't restrain the company's options.

"These decisions will not close any doors for us," he told



The newest iPad is displayed during an Apple event in San Francisco.

PAUL SAKUMA/THE ASSOCIATED PRESS

analysts and reporters on a conference call.

Apple generated \$31 billion in cash in the fiscal year that

ended in September, and is on pace to generate even more in the current year.

**THE ASSOCIATED PRESS**

## Fresh move. Starbucks set to enter juice market

Starbucks is pushing beyond coffee with the opening of the first Evolution Fresh juice store, the company said Monday.

Starbucks, which is looking for new businesses for growth, purchased the California-based juice maker in November for \$30 million.

Evolution Fresh had been selling its juices in grocery stores such as Whole Foods.

The first Evolution Fresh store is in Bellevue, Wash.

Aside from juices, Starbucks says Evolution Fresh shops will have wraps, soups, salads, vegetarian and vegan options, and other offerings.



Starbucks expands offerings beyond coffee. PAUL SAKUMA/THE ASSOCIATED PRESS

Starbucks shares rose 15 cents to \$53.36 in premarket trading Monday.

**THE ASSOCIATED PRESS**

## Snack attack. Wendy's edges Burger King in sales

Wendy's has dethroned Burger King as the U.S.'s second-biggest hamburger chain.

Wendy's edged out Burger King in U.S. sales volume for the first time last year since Wendy's was founded in 1969, according to a report by food-industry research firm Technomic that's set to be released next month.

Wendy's had sales of \$8.5 billion in 2011, compared with \$8.4 billion for Burger King. McDonald's remained far larger than both with \$34.2 billion in sales.

Both Burger King and Wendy's have struggled in recent years to keep up with the growth of McDonald's.

**THE ASSOCIATED PRESS**

# BREAKING NEWS

## U.S. REAL ESTATE HAS BOTTOMED OUT!

### 7 Deadliest Mistakes All Canadians Make When Buying U.S. Real Estate

Fellow Canadians - a new video series has just recently been released which reveals the 7 costly mistakes that ALL Canadians make when buying U.S. real estate, and a 23 step system that can help you prevent these common mistakes in order to protect your investment.

This video series clearly shows how a typical Canadian loses an average of \$30,000 when buying U.S. real estate. The fact of the matter is that the U.S. is a foreign country with an entirely different tax system that the CRA frowns upon - worse yet - with regulations written against foreigners, such as the famous "world estate tax".

Don't dare google "U.S. Real Estate" until you watch and learn the proven methods.

This video series exposes the 7 deadliest mistakes that cost Canadians tens of thousands of dollars. The good news is that each and every one of these mistakes are entirely preventable. In answer to these issues, Canada's only active U.S. real estate expert - Steve Martel - has prepared a free video series entitled "Buying U.S. Real Estate The Proven Way".

To gain instant access to this video series, visit [www.CanadiansInvade.info](http://www.CanadiansInvade.info)

Start your FREE training TODAY



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— LIVE THE DREAM —



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- James C. of Ottawa  
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## READ BETWEEN THE LINES



**SHE SAYS...**  
Jessica Napier  
metronews.ca/shesays

realize the very subtle way in which the words that come out of our mouths are actually completely different from the intention behind them.

In an effort clear up some of the confusion I've created a little decoder to help understand the meaning behind some common female phrases. A She Says column on the things she says. Clever, right?

Read on and be sure not to take any of this too seriously.

### "I'm fine."

Wow, she is totally NOT fine. She couldn't be further from fine. If a girl is doing well, she doesn't say "fine." She'll use words like "great," "good" and, if she's particularly enthusiastic, "amazing." Saying "I'm fine" is just a passive-aggressive technique we use to let you know that something's wrong and that it's more than likely your fault. See also: "It's fine" and "We're fine."

### Girlfriend wants to bail

"She is halfway through a bottle of wine and wants nothing more than to watch a marathon of Downton Abbey while wearing embarrassingly oversized sweatpants."

through a bottle of wine and wants nothing more than to watch a marathon of Downton Abbey while wearing embarrassingly oversized sweatpants.

### "I have a lot of guy friends."

Because other women can't stand her. She'll tell you she hates drama, but in reality it probably has more to do with her inability to get along with other females. Famous women who have uttered this phrase include The Bachelor's latest she-villain Courtney Robertson and Angelina "Husband stealing" Jolie.

### "I don't understand what the big deal is about Ryan Gosling."

Fact: Nobody is more charming than Ryan Gosling. It's sweet that your girl might try to protect your ego by feigning indifference towards this ridiculously handsome movie star, but she's lying to you. Want proof? Check out this thing called the "Internet" and see just how vast the Gosling fangirl universe really is.

### "I'm not mad, I'm just disappointed."

But also she's super mad.

Girls have a lot of things to say; I think the countless S-t Girls Say video parodies are proving that point ad nauseum. But more often than not (read: all the time) a lot of men don't

"I really like that guy's hair."

You need a haircut.

"Did you still want to meet up tonight?"

If a girl actually wants to go out on the town, she'll pose the question "Where are we meeting?" If she wants to subtly hint at the fact that she would like to bail on you, she'll use this phrase. In reality, she has no desire to leave her house; she is halfway

## Mirror, mirror, in the woods



ROB MULHOLLAND/REX FEATURES

### Part of the scenery

### 'Invisible' people spotted in forest

"Invisible" figures that appear to blend into the environment have been spotted in Scottish woodland. No, it's not something paranormal — it's an art installation. Rob Mulholland's series of six mirrored figures reflect the images of their environments to give the invisibility illusion. **MWN**

### 'A visible metaphor'



Rob Mulholland with a figure.

### Reflecting the past

#### What inspired your art?

I first did some mirrored foxes as a visible metaphor of their elusiveness. I took that idea to the next level and used figures of people.

#### What's so special about the woodland in the Trossachs?

I discovered that after World War I much of this area was depopulated to accommodate an in-demand timber industry. These figures are meant to echo the past settlements of people that once lived here.

#### People say these figures look like the "invisible" alien life forms in the Predator movies. Were they the inspiration?

Not at all! It's pure accident they look the same. At first I never saw the similarity. Sometimes as an artist you're stuck in a bubble and you can't see the wood for the trees!

**ANTHONY JOHNSTON/MWN**

### Weird news

### Chinese émigrés seek French entrée

Thousands of people in China are trying to write their own ticket out of the country — in French.

Chinese desperate to emigrate have discovered a backdoor into Canada that involves applying for entry into the francophone province Quebec — as long as they have a good working knowledge of the local lingo.

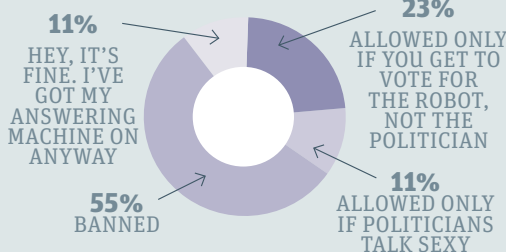
So, while learning French as an additional language is losing ground in many parts of the world — even as Mandarin classes proliferate because of China's rise on the international stage — many Chinese are busy learning how to say, "Bonjour, je m'appelle Zhang."

Yin Shanshan, 25, said the French class she takes in the port city of Tianjin near Beijing even includes primers on Quebec's history and geography. **THE ASSOCIATED PRESS**



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

Do you think election robocalling should be ...



### Twitter

#### @MissVonC

On set for a beer commercial doing hair and make up tonight! Whoop whoop! #yyc #Calgary #beer #girls #thisshouldbefun

#### @ladygoodgreen

I think it's cute when ppl don't know how to use a bus ticket. "Do I give this to you? Oh, in this box?" I know, it's pretty confusing. #yyc

#### @misheybelle

I made a goal to do one nice thing for someone once a day for

a week. Gave a guy a bus pass so he could get home. Not even a thank you. #yyc

#### @yegBry

If the tires on the #Wildrose bus ever need to be changed it will be the largest "boob job" in history. #abpoli #yeg #yyc. #Fun

#### @JUnit61217

Does anyone in this city know what a 4-way stop, yield sign, and merge sign mean, anymore?! #yyc

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Dollar Store: 12 Castleridge Dr NE, Unit 5  
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9737 MacLeod Tr SW, Unit 210  
Ascot Business Systems:  
3716 61st Ave SE, Unit 104A

Sol Optix: 628 B 17th Ave SW  
M&C Food Mart: 1412 9th Ave SE  
Stanley Park Grocery: 4649 MacLeod Tr SW  
Centex Petroleum: 19th St SE, Unit 808  
Hing Wah Imports: 312 Centre St SE  
IC Computers: 3715 51st St SW, Unit 122  
Magic Printing: 8330 MacLeod Trail SE, Unit G3

## 2

## SCENE



## Scene in brief

## Beyoncé gets back to work

Beyoncé is set to return to the stage for the first time since giving birth to daughter Blue Ivy. The Grammy winner will perform three concerts in New Jersey in May at Atlantic City's Revel Resorts. Revel said Monday that the shows will be held over Memorial Day weekend for the premiere of the \$2.4 billion resort. Beyoncé gave birth to her first child in January with husband and rapper Jay-Z. Tickets for the May 25 through May 27 concerts go on sale April 6. Beyoncé will perform in the Ovation Hall, which has 5,050 seats.

THE ASSOCIATED PRESS

## On the Web



R.J. Smith paints a complex portrait of James Brown in *The One*

# Fight scenes deliver a knockout punch

**The Raid.** Film's writer-director sets a new standard for big-screen showdowns with his use of a little known Indonesian martial art style

TODD GILCHRIST

Metro World News in Hollywood

After decades of action movies and ass-kicking opuses from all across the globe, it's rare for audiences today to see something that truly knocks them out, much less that's original.

But Gareth Evans' *The Raid: Redemption* has set a new standard for the creative ways in which filmmakers can stage big-screen showdowns — in terms of technique, quality and even quantity.

No movie since the last *Matrix* installment has featured so many people fighting so furiously all at once, over and over.

If you ask the writer-director how he arrived at that style as opposed to more familiar forms of fisticuffs, however, Evans says he was primarily interested in introducing the world to the Indonesian form of martial arts known as silat, even as he constructed his brilliantly straightforward tale of a group of SWAT team members trying to fight their way out of a drug dealer's fortress-like tenement building.

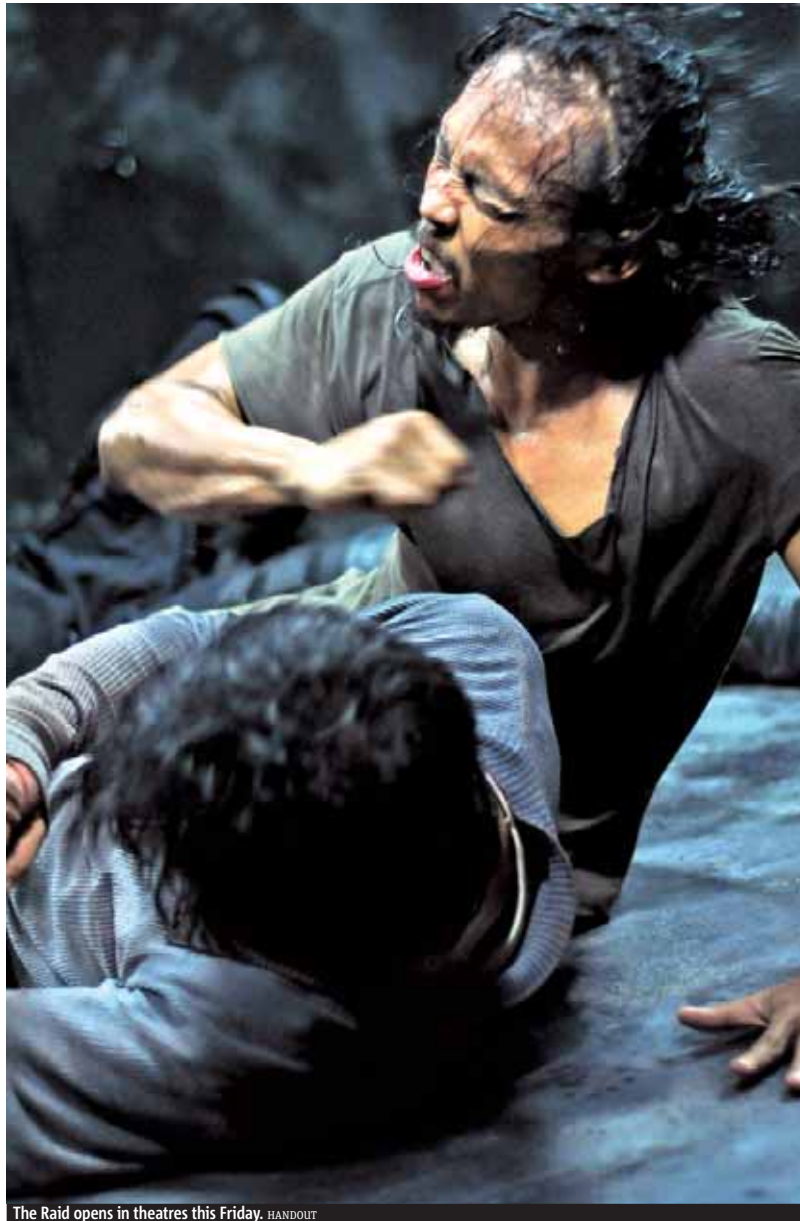
"In terms of Indonesia, we're still in our infancy when it comes to action films," Evans says.

"We're huge fans of action cinema from America, from Hong Kong, from Thailand, but we're very aware of the fact that we can't replicate those.

"So we needed to create this style of fighting — and screen fighting — which doesn't feel like it existed that much before."

While other movies have embraced the absurdity of the choreography to create larger-than-life sequences, Evans said he wanted his fights to function realistically, even if he concedes that they're a lot longer than his heroes could possibly endure.

"Every movement has to feel like it's grounded in reality," the filmmaker explained.



The Raid opens in theatres this Friday. HANDOUT

## Fighting to get noticed

**"In terms of Indonesia, we're still in our infancy when it comes to action films."**

Gareth Evans, *The Raid* director and writer, about the fighting style in his new film.

"So even though the duration of the fight is the exaggerated part of it, all of the movements feel real. And you get that feeling when you watch the film that if you studied that martial art too, you could do all of the movements as well."

The film's red-hot reception at film festivals over

the past several months inspired its distributor, Sony Pictures Classics, to bankroll not one but two more movies in the series.

But even with stateside studios knocking down his door, Evans said he's happier to keep fighting for his own ideas than taking a victory lap using someone else's.

"In terms of Hollywood, I'm not interested really in major big-budget stuff," he revealed.

"My love is for the type of film that I can feel passionately about in every page of the script and every line of dialogue.

"The most ideal situation for me is to find that one person that's going to support me to make the film that I want to make.

"I definitely want to make movies out here," he added. "But it's got to be the right film, and the right circumstances too."

## DVD reviews

## The Girl with the Dragon Tattoo

Director. David Fincher

Stars. Daniel Craig, Rooney Mara

Is David Fincher's tattooed *Girl*, this time with Rooney Mara instead of Noomi Rapace as the ruthless, messed-up computer hacker, any better than the Swedish original? Does it matter?

Dirtier, more violent and marginally more complicated than its Scandinavian forebear, Fincher's stab at Stieg Larsson's first Millennium trilogy novel manages to stand on its own merits.

While the pace is slow and there are some flat performances (particularly by Craig), there remain two reasons to drag out the *Dragon Tattoo* gun again: the incendiary performance of Oscar-nominated Mara, and the score by Trent Reznor and Atticus Ross. It's another improvement from the original film that helps build the dire mood.



## Tinker Tailor Soldier Spy

Director. Tomas Alfredson

Stars. Gary Oldman, Colin Firth

"Nothing is genuine anymore," a character sighs in *Tinker Tailor Soldier Spy*, but he couldn't be more wrong.

This film is the real deal, set in pre-digital 1970s. Based on the bestselling 1974 John le Carré novel, which also spawned a memorable 1979 TV miniseries, it's a movie of chain smokers and whisperers, of rattling tea cups and rotary-dialed telephones.

Oscar-nommed Gary Oldman brilliantly assumes the role of stone-faced George Smiley, an ex-British Secret Service man brought out of retirement to search for a Soviet mole who has infiltrated the MI6. *Tinker Tailor Soldier Spy* is not just a movie about intelligence, it's an intelligent movie.

PETER HOWELL



OUR TAKE ON THE WORLD OF CELEBRITIES

### 'Original guido'

Dorothy Robinson  
scene@metronews.ca

But I'm sure they'll still get the audience, if only rubbernecks who are tuning in to see what kind of maternity swimsuit the knocked-up Snooki is going to wear.



Jersey Shore is making the most out of Snooki's pregnancy, teasing the new season with the tag line, "fist pumps and baby bumps" — probably the most clever thing to come out of this news. ALL PHOTOS GETTY IMAGES

## Celine's vocal chords will go on: singer set to return to Las Vegas stage

The singer of romantic odes including *My Heart Will Go On* and *It's All Coming Back to Me*



**Celine Dion**

**THE CANADIAN PRESS**

## Jessica Simpson set to pop and ready to party



**Jessica Simpson**

With her baby due any day now, Jessica Simpson held a lavish baby shower at her home this weekend, with family and friends like sister Ashlee Simpson, Ellen Pompeo and Jessica Alba in attendance, according to *Us Weekly*.  
"It was a kid-friendly

shower, with many of her friends bringing babies," a source says.

And what about presents? "She received tons of gifts mostly wrapped in pink gift wrap and boxes. There were several books, stuffed toys and clothes among other items."

## Paltrow writes her own cookbooks, OK?

Gwyneth Paltrow is taking the New York Times for task over reporting that she'd worked with a ghostwriter for *My Father's Daughter*, a cookbook she released last year.

"Love The New York Times dining section but this week's facts need checking. No ghostwriter on my cookbook, I wrote every word myself." Paltrow posted to Twitter in response to an article that named Julia Turshen as the book's uncredited collaborator.

The article even stated that Turshen is “writing

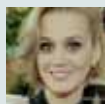
### Tweeting the record straight

**"Love The New York Times dining section but this week's facts need checking. No ghostwriter on my cookbook, I wrote every word myself."**

Gwyneth Paltrow



## Twitter



@katyperry

The universe is speaking.  
Listen to it.



@russellcrowe

pm workout 25 mins of stretches and light weights,  
30 lengths of the pool (600m)



@RealKiefer

Don't have anything clever to say (not that I ever have) but having a great day & hope you are too!



@alecbaldwin

Today is a big day. A momentous day. Today is the  
day | .....that | ..... zzzzzzzzzz.....zzzzzzzzzz

The fifth season of *Mad Men* debuts in the U.S. on March 25, so prepare yourself for more shameless behaviour. Our hero's a drunk, his boss is a womanizer and the women have issues, too. Here's our self-help advice for our favourite characters — apply if necessary.

ROMINA MCGUINNESS  
life@metronews.ca

# Analyzing the Mad in Men

## Don Draper

### VICES

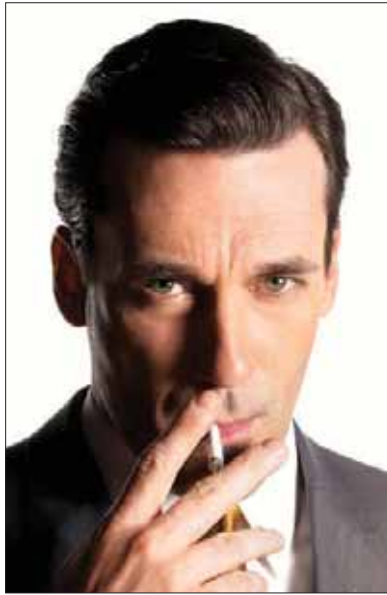
Draper, head of creative at the ad agency, blocks out his past and his feelings. He smokes, drinks and has many lovers and cheats.

### SOLUTION

"Smoking, drinking and having indiscriminate sex are all mind numbing activities and ways for Don Draper to ignore his history," says psychotherapist Jonathan Alpert, author of the self help book *Be Fearless*. "They serve as a distraction from the real issue: himself."

The more he indulges, the less he has to deal with.

"Draper needs to spend less time thinking the world owes him and more time trying to understand his past. He also needs to find a female role model to make up for his tumultuous past that was absent of one."



## Joan Harris

### VICES

Office manager Joan loves bad boys, sex and tight dresses. She comes across as sassy and bold but inside, she's vulnerable and afraid of ending up alone. She is pregnant with her ex lover's child (former boss Roger Sterling) but tells her husband it's his.

### SOLUTION

"Instead of using her body as a means to get things, she should try using her mind," says Alpert. "By relying on her body to leverage what she wants people only get to know her in that way."



## Roger Sterling

### VICES

Multiple heart attacks haven't slowed down Sterling's (very) heavy smoking and drinking. He believes every problem can be solved with or over a drink. He has a penchant for younger women and still has feelings for his ex girlfriend, Joan Harris.

### SOLUTION

Sterling has a grand sense of entitlement. "He's been handed everything," says Alpert.

Roger should ask himself: who am I, if not an agency owner?



## Peggy Olsen

### VICES

Workaholic Peggy is desperately striving for professional recognition in a male-dominated world.

She's had a baby out of wedlock after an affair with a married man. Her denial of the pregnancy was so intense she was unaware of her condition until she went into labor.

### SOLUTION

"Peggy Olsen compensates for her apparent insecurities by throwing herself into work," says Alpert.

"This distracts her from the real problem: her inability to be intimate and deal with lingering issues of guilt around sex and religion," he adds.



# 3

LIFE

Lawsuit

## Plastic surgery

French actress Emmanuelle Béart, whose face is distorted from too many operations, launched an open attack against blotched plastic surgery. Just get old!

On the Web



Is 'pink slime' in your burger? You may not know until it's in your mouth - or ever



one  
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Personal Fitness Instruction Inc.

TIP

Lightly battered is like saying slightly pregnant in my books. Don't be in denial! Have you checked the calories in your favorite restaurant meals? It's an eyeopener.

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FOR MORE INFO ON THE 2012 LEAN AND MEAN CHALLENGE GO TO [WWW.ONEONONEFITNESS.CA](http://WWW.ONEONONEFITNESS.CA)

You want to get ...

## Christina Hendricks' hourglass figure

She doesn't stress over her weight and just goes with the flow

"Weight is arbitrary. Go by feel. Work on being honest and analytical as opposed to critical when it comes to your body," says Gunnar Peterson, a personal trainer.

If you stick with your food and exercise plan, you'll eventually get to where you need to be."

She works out with her husband

"Some people need someone to hold them accountable, others need someone to keep them engaged."

If you find someone who is dependable, pleasant to be around and has the same attitude vis-a-vis exercise then it's more fun for the relationship."

She breaks every food rule

"Indulging from time to time keeps the resentment at bay as well as de-emphasizing the food that you're indulging in. Your diet can vary but when you find something that works nutritionally as well as leaves you feeling good, you



Gunnar Peterson is personal trainer to J. Lo and Kim Kardashian, so he knows about curves. HANDOUT

can stick with it until you burn out on it."

Best Health

## What works; what doesn't



**BEST HEALTH  
MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

Best Health magazine is full of the bottom-line truth about everyday health and wellness questions.

Here are two from the March/April issue of Best Health:

### Are energy drinks a good source of energy?

No. Despite their exotic-sounding ingredients — including herbs, amino acids and other natural compounds with purported health benefits — often what you're also getting is a lot of sugar and caffeine.

Yes, as a source of calories, sugar technically provides energy, and caffeine does give a temporary boost (it increases alertness and revs up the body's energy systems).

But nutritionists agree there are better ways to keep up your energy supply. Eat a balanced diet, exercise regularly and get enough sleep.



### Do manual toothbrushes clean just as well as electric ones?

No. Do your teeth a favour and try an electric toothbrush.

They remove more plaque.

A review of studies involving nearly 4,000 women and men found that an electric toothbrush with bristles that rotate in alternating directions removed 11 per cent more plaque and reduced gum disease six

per cent more than manual brushes.

Neither manual nor electric brushes were found to harm the gums.

Of course, any kind of brushing, plus flossing, is a good thing.



Here is a great opportunity to learn **Pranic Healing** on 10th and 11th of March 2012 at Bodhi Well-Being & Healing Center from 9:00 AM to 5:00 PM. This is an experiential workshop, where you will learn to feel and scan chakras and auras. You will be able to do cleansing and balancing on aura and chakras. You will also learn to do healing for all different problems in your life, self healing and distant healing and lot more...

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[www.bodhiwellbeing.com](http://www.bodhiwellbeing.com)

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# Replace the Colonel with Korean fried chicken at Olive



Fried Chicken Special #2 with pickled daikon (\$6.99, \$1) DAN CLAPSON



**LUNCH RUSH**  
Dan Clapson  
life@metronews.ca

I try to limit my fried chicken intake to approximately one day a year.

Naturally, I tend to pick

a day when I really need some greasy goodness.

After a day of green beers and leprechaun hunting (also known as St. Patrick's Day), I generally wake up the next morning feeling, well, less than 100 per cent. Olive Chicken offers a perfect cure.

Perhaps it is best described as a younger, hipper cousin of Colonel Sanders.

Here, 'K.F.C.' stands for 'Korean Fried Chicken' instead of subpar fast food.

I went for Olive Chicken's #2 special (\$6.99) offering a couple pieces of fried chicken, salad, rice and a

side of pickled daikon (\$1). Lunch for less than eight dollars? I do like a good bargain!

The chicken was moist, the coating was crisp and the sweet, spicy dipping sauce that along with the platter was an added bonus.

Well, until next year...

## Visiting the restaurant

**Olive Chicken**

**Address.** 1324 10th Ave. S.W.

**Phone.** 403-457-4649

**Rating.** 3.5/5

**Rice range.** \$6.99

**Reservations.** No

**Client negotiations.** No

**Lunch with co-workers.** No

**Social lunch.** No

**Quick solo lunch.** Yes

## Veggie Sloppy Joes. Go meatless for dinner with this twist on a favourite



### Ingredients

6 portions

- 1 pkg (340 g) veggie ground round
- 1 onion, chopped
- 1 clove garlic, minced
- 250 ml (1 cup) ketchup
- 250 ml (1 cup) barbecue sauce
- 15 ml (1 tbsp) prepared mustard
- Freshly ground pepper
- 6 hamburger buns

**1** In a large skillet, cook veggie ground round, onion and garlic over medium heat until onion is slightly brown.

**2** Add ketchup, barbecue sauce, mustard and pepper. Cook for 5 minutes on low heat, stirring occasionally.

**3** Divide among hamburger buns to serve. **THE CANADIAN PRESS/ YVES VEGGIES CUISINE/ ADAPTED BY EMILY RICHARDS**

# Spring into spring with lighter options

While most varieties of meatballs pack 74 calories and more than four grams of fat per ball, this recipe cuts calories down to 36 and less than a gram of fat per meatball.

**1** Heat oven to 190 C (375 F). Then in bowl, combine turkey breast and ground beef, and mix gently.

**2** In a blender, combine 75 ml (1/3 cup) of the chicken broth, onion and egg white. Blend until finely chopped, about 15 seconds. Add puffed rice and blend to make a thick paste.

**3** Add egg mixture to meats, then season with salt

and red pepper flakes. Divide mixture into 20 even mounds, using about 15 ml (1 tbsp) each. Shape each into a ball using slightly wet hands to help prevent sticking.

**4** Coat a large non-stick sauté pan with cooking spray and heat over medium-high. Working in batches if necessary, once pan is hot add meatballs, leaving about 1-cm (1/2-inch) space between them. Cook for 1 to 2 minutes or until browned on the bottoms. Roll meatballs onto other side and brown evenly, 1 to 2 minutes. Remove meatballs from pan.

**5** Add remaining chicken broth to pan and bring to

a simmer. In a small bowl, mix evaporated milk with arrowroot, then stir into chicken broth. Cook and stir for about 10 seconds, then return meatballs to pan, then place pan in oven and bake for 8 to 10 minutes or until meatballs are cooked through.

**6** Transfer meatballs to a serving platter. Insert short skewers into each meatball. Set sauté pan over medium heat and cook sauce for 1 to 2 minutes or until slightly thickened. Spoon sauce over meatballs and serve with cranberry sauce.

**ROCCO DISPIRITO, AUTHOR OF THE NEW EAT THIS! AND NOW EAT THIS! DIET COOKBOOKS/ THE ASSOCIATED PRESS**

### Ingredients

- 250 g (8 oz) extra-lean ground turkey breast
- 175 g (6 oz) lean ground beef
- 150 ml (2/3 cup) fat-free, reduced-sodium chicken broth
- 125 ml (1/2 cup) cut up onion
- 1 egg white
- 500 ml (2 cups) puffed brown rice cereal
- Salt, to taste
- Red pepper flakes, to taste
- 50 ml (1/4 cup) evaporated fat free milk
- 5 ml (1 tsp) arrowroot powder
- Olive oil cooking spray
- 50 ml (1/4 cup) no-sugar spiced cranberry sauce

### Swedish Meatballs



This recipe makes 20 meatballs. MATTHEW MEAD/ THE ASSOCIATED PRESS

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# Modern love in a digital world

**Romance.** We used to fly banners through the sky to get our loved one's attention, but now there's Facebook — it's faster and a lot cheaper

YLVA  
VAN BUUREN  
For Metro

When Jodi Brown finally decided to accept Matt Peacock's wedding proposal, the social media aficionado wanted to say 'yes' in a way that was unique, memorable and "fit with who I am."

Jodi is vice-president of marketing and interactive at Metro News, has two boys, Jaden, 14, and Callum, 9, and she's a huge fan of social media.

Metro readers are likely familiar with Jodi — she shared her cancer story in the paper last fall (and she's doing great now!).

After hearing a social media expert talk about

## Pinterest

Jodi Brown has also started a wedding board on Pinterest. Check it out at [pinterest.com/luckyjodi/jodi-matt-s-wedding-ideas](http://pinterest.com/luckyjodi/jodi-matt-s-wedding-ideas)

how you can micro-target advertising messages on Facebook, she decided she would accept Matt's proposal digitally by creating a Facebook ad that would be guaranteed to be read by him.

"By using 'targeted qualifiers,' you can actually target the campaign to reach just a few people," Jodi said.

Matt is the love of her life. They hit it off instantly when they met at a business function in September 2010.

"We both have high-energy personalities... we're outgoing and active and we love to travel. And, we have the same goals," she said.

But after dating for two months, Jodi was diagnosed with breast cancer. She thought he might not stick around because of it but that wasn't the case.

Matt stayed by her side



Jodi Brown, Metro's vice-president of marketing and interactive, left, is pictured with her fiancé, Matt Peacock. CONTRIBUTED

through surgery and treatment. Since moving in with Jodi and her kids last July, he has proposed a few times.

"Yes I'll Marry You Matt" was the headline Jodi used in the Facebook advertising campaign along with a picture and a short blurb about how she felt.

While she figured it

might take him a week to see, it took Matt just five minutes on the day the campaign was launched to notice it on his Facebook page.

"Then it took him 10 minutes to update his relationship to engaged," Jodi said.

She says the campaign ran just for the one day,

and seven people including Matt saw it an average of 12 times each. At the end of the day, the campaign cost her three cents in total — for every thousand times the ad showed up, the price was one dollar.

Since the ad appeared, the couple has received hundreds of messages of

congratulations and advice on Facebook.

Now they are pinning down the date (either September 2012 or May 2013) and starting to plan.

"And of course, social media will play a role in the planning of the wedding... there's just no way it won't," Jodi said.

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# RIGHT LOOK, RIGHT AGE

**HERE'S WHAT TO WEAR  
NOW, NO MATTER WHAT  
YOUR NUMBER**

By Ingrid Williams



Solange Knowles

20s



Heidi Klum

30s



Sarah Jessica Parker

40s

GARMENTS: GEOFFREY ROSS STYLING: BREANNA GOW/JUDYINC.COM CELEBRITY: GETTY IMAGES



## 20s SOLANGE KNOWLES

A mix of punchy colour, playful pattern and a carefree approach to jewellery creates a look that's sophisticated, not stuffy.

A knockout hue pumps up an otherwise prim top.

*Brose silk top, \$288, marikabrose.com*

Bright beads and twisted textures score extra style points.

*Fab Accessories 18K gold-plated Brass bracelet with faceted glass beads, \$48, fabaccessories.com*

Good things happen when an eye-popping print meets a simple shape.

*J.Crew Café Capri wool-silk blend pants in Jewel Jacquard, \$230, jcrew.com*

Candy coloured knuckle-dusters are a major thing.



*Carole Tanenbaum Vintage Collection pink cocktail ring, \$400, yellow Selro ring, \$400, and yellow-green enamel ring, \$550, caroletanenbaum.com*

## 30s HEIDI KLUM

Fresh shades and prints that pop are easy ways to wake up those I-want-to-wear-them-everywhere jeans.

Think oodles more stylish than a T-shirt, but just as comfy.

*Robert Graham Kalie silk top, \$198, 877-717-7466*

Faded-wash denim is most stylish when it's cuffed and cropped.

*Joe Fresh cotton-blend jeans, \$39, joefresh.ca*



Be it a bag or shoes, there's always room for another pint-size hit of print.

*Gap linen and PVC bag, \$65, gapcanada.ca*



Artisan charm keeps oversize baubles from being OTT.

*Fab Accessories, \$280, fabaccessories.com*

## 40s SARAH JESSICA PARKER

Turn heads in graphic patterns, a figure-flattering silhouette and accessories with just the right amount of flash.

Proof you can be 60% covered up and still be 100% sexy — a fit 'n' flare dress is a must-have.

*BB Dakota polyester dress, \$122, bbdakota.net*



Glinting baubles in refined shapes echo a retro-chic vibe.

*Carole Tanenbaum Vintage Collection Boucher black and crystal necklace, \$850, and diamanté bow earrings, \$350, caroletanenbaum.com*

Put your foot down with fashionable flair in snakeskin-print platform heels.

*Le Château suede heels, \$110, lechateau.com*



## 30-SOMETHING

"Nail polish is better than a trip to the therapist," quips Essie Weingarten, founder and creative director of Essie. It certainly has fueled a healthy business for the New Yorker who celebrates the brand's 30th anniversary in 2012—that's 700 shades and counting. Our fave new hue? A pastel lilac called To Buy or Not To Buy, \$10, essie.com



# WRIST SHOTS

## PREPPY

Play along with Gianfranco Ferré-style stripes, polka dots and colour-blocked patterns.

Winners narrow-hinged bangle with colour-blocking, \$20, winners.ca. Banana Republic chevron bangle in pink and navy, \$62, bananarepublic.ca. Hermès diamon-patterned enamel bangle, \$795, hermes.com. Birks Art Deco Collection by Roberto Coin square bangle bracelets in enameled sterling silver, from \$395, birks.com



## BEJEWELLED



Dress like a princess—make that a queen—with a bevy of bejeweled bangles. Swarovski Rarely bangle, \$575, swarovski.com. Rita Tesolin crystal with green deco-style cuff, \$365, ritatesolin.com. Chanel golden metal bracelet with glass stones, \$3,375, chanel.ca. Elsa Corsi crystal hinged cuff, \$1,200, elsaorsi.com

## ORGANIC

Take your cue from Donna Karan and get inspired by wood and the natural world.

Winners faux-wood and resin wide bangle, \$17, winners.ca. Dandi Maestre raw wood bangle, \$150, dandimaestre.com. Le Château faux-bark plastic bangle, \$13, lechateau.com. Michael Kors ebony-coloured wood bangles with pavé detail, \$210 each, 866-733-5677



## KOOL-AID



Pile on the plastic fantastic à la Hermès with punchy colour and bold shapes. Hermès orange and green wood lacquer bangle, \$275, hermes.com. Expression green cuff, \$16, thebay.com. Carole Tanenbaum 1960 pink bangle, \$250, caroletanenbaum.com. Lacoste navy and black cuff, \$100, lacoste.com



## ONE-MINUTE MIRACLE

Pile on the beads. A little boho, a little deco, a little ladylike: we view this season's runway trend of multi-strand necklaces a quick and easy way to update the simplest of wardrobe pieces.

Quartz and crystal beads, \$395, kumaris.ca

For more great style tips, visit [TheKit.ca](http://TheKit.ca)

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## The deal with taxes

## Tips for the financially challenged



**FUN AND FRUGAL**  
Leslie Scorgie  
money@metronews.ca

**When do I have to file my taxes?** Each year taxes are due to Canada Revenue Agency (CRA) by midnight of April 30.

**How do I file my taxes?** You, or your professional tax advisor, can file your taxes through NETFILE (netfile.gc.ca). For help using NETFILE, consult CRA's online help or call the NETFILE help desk: 1-800-714-7257. Not everyone can use NETFILE, so check out the restrictions. If you run into problems you can still file the old-fashioned way in paper form and have the post office postmark it by April 30, 2012.

**What if I've moved?** File your taxes according to the address where you were living on Dec. 31 of the tax year.

**What if I've experienced a major life event?** If you've had a child, experienced a death in your immediate family, got married, separated or divorced, there are

special tax considerations for your situation, so consult with a professional tax advisor.

**What if I'm behind on my taxes?** Get on it! By law, you must file a yearly tax return. The longer you let it go, the more complicated it gets.

**Do I pay a fine if I'm late filing my taxes?** If you are eligible for a refund, there is no penalty. However, if you owe taxes, the late filing penalty is five per cent of the amount you owe for 2011, plus one per cent of the balance owing for each full month that your return is late, to a maximum of 12 months.

**Do I have to file a joint tax return?** Taxes are filed on an individual basis in Canada. But, if you're married or living common-law you must claim your marital status because your tax benefits are calculated based on total household income.

**What can I write off?** If you are self-employed, you're allowed to claim some business expenses against your income. If you're not self-employed, it's unlikely you can write off employment related expenses. Research what you can claim or hire an expert. Keep receipts and documentation in case you're audited.

TWEET ME @LESLESCORGIE

# Shop like an American

**Plan ahead.** Cut coupons and look for deals before you hit stores in the U.S. (and don't forget to bring a pair of comfy shoes)



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

'Tis the season for travel.

It's the time of year when many families head south for the beach or the slopes and shopping, especially now with the loonie lingering near par.

Sadly, we're limited when it comes to enjoying some of the best U.S. deals. I recently bought my favourite wine, J. Lohr Paso Robles Cab, for a mere 12 bucks at Target. The same vino in Canada will set you back \$20 or more. But we can still only

## Alison's money rule

**"Maximize your U.S. shopping deals by planning ahead."**

## Cross-border shopping

- **Before you swipe.** 2.5% is the standard additional charge, on top of the exchange rate spread, levied by Canadian credit card companies on U.S. purchases.

bring back 1.14 litres of liquor or 1.5 litres of wine regardless of the trip length.

Savvy cross-border shoppers head to the outlet malls and big box stores to score deals. But with a bit of planning you can do even better by monitoring the coupon offers at your destination.

First, check out the local newspaper. Advertising is up since the worse of the recession and the papers are full of coupons. In Canada, we usually see flyer-heavy papers on Wednesday and Thursday, but in Florida, for example, Saturday or Sunday is when you will find the largest number of flyers and ads.

Another great source are the newspapers' websites. They are far richer with coupons than in Canada. Also, visit store websites. Last week, I took advantage of a two-day only 20 per cent off any purchase at



There's nothing quite like a good deal. ISTOCK

Chico's and a similar deal at Macy's. Some stores are strict about having the coupon in hand but when I left my Macy's offer in the printer, the check-out person swiped one she had at the counter to give me the discount.

Finally coupon sites have proliferated in the U.S., over 500 at last count. Here are five top websites, according to the Wall Street Journal:  
- CouponCabin.com  
- RetailMeNot.com  
- SmartSource.com  
- Coupons.com (mainly grocer-

ies, also I couldn't load it with my Safari browser but could with Firefox).

- CouponMom.com (primarily groceries)

If you are intending to do some serious shopping be sure to start your deal search before you leave Canada or you might end up clipping or printing a coupon that only kicks in when you're at the airport heading home.

**ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT GRIFFITHS.ALISON@GMAIL.COM OR ALISONGRIFFITHS.CA**

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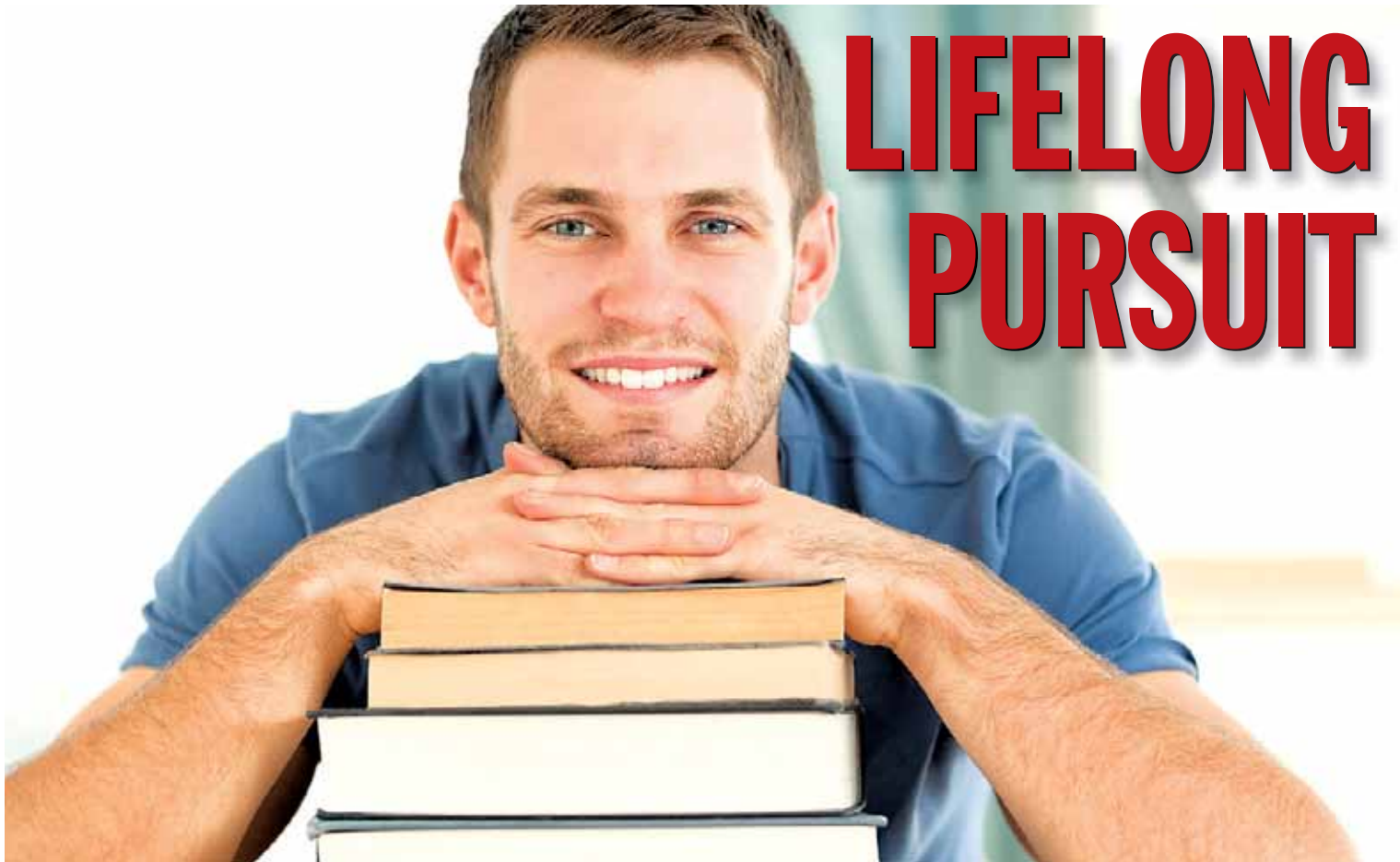
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WAVEBREAK MEDIA/THINKSTOCK

# LIFELONG PURSUIT

## CONTINUING EDUCATION CAN HELP ADVANCE AN EXISTING CAREER ... OR BE JUST FOR FUN

For some people, learning stops as soon as they finish high school or university, but if you want to live a challenging life and find fulfilment at work, experts say learning will likely be a lifelong pursuit.

CanLearn.ca is an online resource from the federal, provincial and territo-

rial governments that pools information on furthering your education.

"As the job market becomes more competitive, continuing education can help you keep up with the latest technologies, knowledge and skills you need to help you keep your job, get a new job or change careers through con-

tinuing education," it says.

It advises potential students to consider what they want to get out of their further learning — perhaps it's to finally get your high school diploma, or a specific university program to enter a particular profession, or to learn a skill to work in a trade. The clearer you are about your goals, the easier it will be to achieve them. Learn what you need to do, find out what schools offer the education you need, and ask them how to enrol.

Lisa Fanjoy, manager of online learning and continuing studies at Wilfrid Laurier University, says many adults turn to continuing education to advance an existing career, or just for fun. Wilfrid Laurier sees an even mix of students seeking professional and personal development.

For professional development, a popular course is risk-management certification, which is required for

advancement in many jobs. Other in-demand courses include the fundamentals of management, diversity in organizations, clinical supervision, writing skills and other upgrades.

For personal development, it's about "a passion or project to indulge in," Fanjoy says.

She points to their popular online script-writing course, where amateur playwrights take a step towards making their dream a reality.

A related section of courses is targeted at retired learners and is basically CBC radio in real life. Instead of (or as well as) spending money on a trip to Europe, many older Canadians spend money on courses to learn how the brain works, searching for the historical Jesus, studying Darwin, Shakespeare and many others.

"It's a real range — sciences, music and art," Fanjoy says.

— Jon Tattrie



AU student Matt in Regina, SK

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# STRENGTHEN YOUR KNOWLEDGE

## WITH MOUNT ROYAL PERSONAL FITNESS TRAINER COURSE

Continuing education is not always just about exercising your mind, but your body as well.

With the Personal Fitness Trainer program through Mount Royal University, you can do both.

"The program offers a great balance between both theoretical, 'classroom' academia and practical based knowledge and experience," says Meryl Wheeler, instructor of the Personal Fitness Trainer program in the Faculty of Continuing Education and Extension at Mount Royal University.

"This balance helps to bridge the gap between knowledge and experience and allows the students to safely and effectively practise the information they have absorbed during classroom lectures."

This two-year diploma program is designed to cover various aspects of health and fitness training to prepare students for a career as a personal trainer.

"Not only are they part of the Mount Royal University experience, they are also involved with a close-knit group of like-minded students who all share a similar passion for fitness and modelling a healthy lifestyle," says Wheeler.

The program consists of 22 courses and students will cover topics such as human anatomy, human physiology, hu-



MOUNT ROYAL UNIVERSITY PHOTO

## MEETING ELIGIBILITY REQUIREMENTS

The new diploma program meets the eligibility requirements for the Canadian Society for Exercise Physiology Certified Personal Trainer national certification. As well, the new course

curriculum provides students with the opportunity for credit transfer to other courses/programs within Mount Royal University and other post-secondary institutions in Alberta.

man movement mechanics, fitness program design, and business management.

Students will also be required to complete a practicum that will prepare them to work with clients one on one to

assist in developing safe and effective exercise programs, suited to each client's needs.

"They typically work very closely with their clients and instill the

confidence and competence that allow their clients to successfully reach their goals," says Wheeler.

"It is extremely satisfying to see the powerful and positive effect you can have on people week after week, month after month and year after year."

This is a full-time program with 15 to 25 hours of classroom instruction per week.

For more information about the Personal Fitness Trainer program, visit [conted.mtroyal.ca/pft](http://conted.mtroyal.ca/pft).

— Candice Ward

## MRU KIDS OFFERS A VARIETY OF PROGRAMS

No one said your child's learning had to stop for the summer.

Get your kids signed up in a class they actually want to take with MRU Kids, programs for children offered through Mount Royal University.

"MRU Kids aims to make every child's experience the best it can be," Nicole Carrington, lead supervisor, MRU Kids, Faculty of Continuing Education and Extension, Mount Royal University.

"We are an inclusive camp that provides quality education and fun summer programs for children."

There is something for every interest in these programs.

For kids with the flare for the dramatic, there is the Rising Stars Jr. class that will have kids singing, dancing, acting and performing.

## NEW CAMPS

MRU Kids is offering three new camps this year.

**Movers and Shakers:** Where kids will create, design, build, move and learn.

**Triathlon Club:** Learn triathlon skills from experienced triathletes.

**Leaders in Training:** This camp is for ages 15 to 17, where young campers will make the transition to young adult and gain valuable leadership training to prepare for community involvement, volunteerism, university life and future jobs.

This program will teach kids confidence as they work towards a showcase at the end of the week for the parents.

"Kids gain valuable social skills while keeping their minds engaged and active," says Carrington.

For the kid interested in sports but can never make up their mind on their favourite, let them experiment through the Multi-Sport camp.

Kids will get to try out sports such as tennis, soccer, T-ball and wall climbing.

There are also programs geared towards kids interested in art, science and magic.

The list of camps seems endless.

MRU Kids offers a variety of kids programs divided into four categories: Elementary; junior; sports and adventure; and youth.

"All of our camps offer a variety of different activities that will allow children to explore their world and expand their knowledge," says Carrington.



MOUNT ROYAL UNIVERSITY PHOTO

Carrington adds kids will also make lasting friendships with other children who share similar interests.

Camps begin July 3 and last until Aug. 31, unless otherwise stated in the brochure.

For more information about the MRU Kids programs, visit [mtroyal.ca/mrukids](http://mtroyal.ca/mrukids).

— Candice Ward



# POPULAR & VERSATILE

BOW VALLEY COLLEGE PHOTO

## BOW VALLEY AUTOCAD CERTIFICATE CAN BOOST YOUR RESUMÉ

In just one month, learners can get their AutoCAD Operator Certificate this summer from Bow Valley College. The certificate can help prepare learners for a variety of careers in architecture, engineering, construction, manufacturing, or interior design.

"The versatility of this certificate

makes it one of our more popular programs," says Nancy Bosscha, AutoCAD instructor. "There's a wide range of careers in which AutoCAD experience is a must — having this on a résumé can be the difference between landing a job or not."

This hands-on program teaches, in

just four weeks, all of AutoCAD's basic two-dimensional and three-dimensional features and commands in just four courses. The one-month certificate covers all of the individual courses that are offered during the evenings and weekends in the fall, winter and spring terms. While it does not cover industry

### FAST FACTS

- Covers AutoCAD 2-D, Level 1 and 2, AutoCAD 3-D, Level 1 and 2, in four weeks.
- Credit course with transferability options to other learning institutions.
- Certificate is issued with an overall grade of 65 per cent.
- Basic learning for other computer drawing programs such as: Rivet, MircoStation, Chief Architect, 20/20, Inventor, and several others.

specific training, students will gain the fundamental skills required to operate the AutoCAD software across various industries.

The college uses the most current version of the software in the marketplace, so graduates can use any version of the software that is currently being used by employers.

The AutoCAD Operator Certificate runs Monday to Friday from 9 a.m. to 4 p.m. with the next intake starting July 23 and ending Aug. 20. Tuition for the program, including manuals and course materials, is \$1,295 plus part-time fees. To learn more about this certificate or any of Bow Valley College's other offerings, call 403-410-1595 or email [continuingeducation@bowvalleycollege.ca](mailto:continuingeducation@bowvalleycollege.ca).

Be

"The Ambrose Business program effectively prepared me to pursue my entrepreneurial dream. Today I am living out that dream as I manage and grow my own marketing firm."

- Chantelle | Business Graduate

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[ambrose.edu](http://ambrose.edu)



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(all locations)

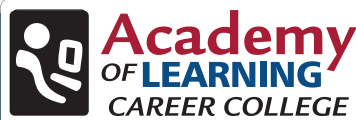
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Medicine Hat (403) 526-5833



# ST. MARY'S HELPS REDUCE FOOTPRINT

Life as student is about so much more than just classes, grades and exams.

St. Mary's University College offers students a chance to be part of more than just a classroom, with their various student clubs, such as the Social Justice club.

"The Social Justice initiatives at St. Mary's University College is less about being a program and more about a way of campus life," says Nancy Quan, director of Campus Ministry and chair of Social Justice Committee at St. Mary's.

"We have integrated Catholic social

teaching such as the dignity of the human person, global solidarity, and protection and advocacy of human rights into all aspects of campus life."

The Social Justice club is setting its sights on clean drinking water for all by going bottled-water free on campus.

Quan says St. Mary's is the first school in Alberta to be a bottled-water free campus. "We would like to reduce our footprint on the environment by starting here in our community of St. Mary's," says Quan.

New students at St. Mary's this year

were each given a metal water bottle to reuse, and water fountains and refilling stations were installed all over campus.

"Our school is leading the way in Alberta universities in reducing the commoditization of water and reducing waste in the landfills," says Quan.

St. Mary's also offers a number of other clubs and sports to its students.

St. Mary's is proud to offer four varsity clubs, men and women's basketball and volleyball, as well as a choir, hockey club, and an art club. For more, visit [stmu.ca](http://stmu.ca).

— Candice Ward



ST. MARY'S COLLEGE PHOTO



AMBROSE UNIVERSITY COLLEGE PHOTO

## ACHIEVE WHAT EVERY TEACHER DESIRES

Turn that degree into a meaningful career as a teacher with training from Ambrose University College.

The Bachelor of Education After Degree program will have you ready to hit the classrooms in just two short years.

"We have designed an education degree to achieve what every teacher desires: A thorough understanding of, and the confidence to work with, children and their learning in the classroom," says Bernie Potvin, PhD, associate professor and chair, Education Program at

Ambrose University College.

"This program is uniquely designed for you to develop a clear philosophy and professional practice of teaching and learning, one that is sensitive to the diversity you will experience in the classroom."

This degree programs focuses on elementary education in Alberta.

Students will also be qualified to work across Canada and overseas.

Ambrose offers students small class sizes to allow for maximum individual

attention and student success.

"Our program has been carefully developed with the help of a highly qualified advisory council of educators, administrators, and university professors from Alberta's post-secondary institutions," says Potvin.

Ambrose University College is a Christian learning community, committed to the education and formation of men and woman for service.

For more, visit [ambrose.edu](http://ambrose.edu).

— Candice Ward

## ACADEMY OF LEARNING OPENING ITS DOORS TO YOU

Your education, on your schedule.

Stop by any of the Academy of Learning locations March 22 for its open houses to learn about the exciting educational opportunities they have to offer.

"Our Integrated Learning System allows students to set their own schedules, start whenever is right for them, and still have the one-on-one support they need, as soon as they need it," says Brady Sylvester, admissions adviser for Academy of Learning.

"Academy of Learning offers a unique blend of flexibility and support that is unmatched in career education."

By stopping by one of the open houses, prospective students will have a chance to visit classrooms, labs, and meet with instructors and admissions advisers.

"Our admissions advisers are the experts when it comes to navigating the maze of funding applications, making sure you have the qualifica-

tions you need (and you may be surprised to find you do) and, above all, working closely with you to find the right program to fit your career goals," says Sylvester.

Information on the new course offerings will also be available at the open house.

Individuals will have a chance to get information about the Legal Administrative Assistant, Hotel & Tourism Management Studies, Business Management and Marketing Administration programs.

They will also have a chance to look at the updated Medical Office assistant, Health Unit Co-ordinator, Web Design and Network Administrator diplomas.

Academy of Learning is marking its 25th anniversary this year and will be celebrating this landmark by giving away 25 \$1,000 tuition credits to open house attendees.

The open houses will take place from 4-8 p.m.

For more information about Academy of Learning, visit [academyoflearning.com](http://academyoflearning.com).

— Candice Ward



Live a Better Life Series

### Take a better photo

APRIL 21: INTRO TO GREAT PHOTOGRAPHY AND EASY PHOTO EDITING

Make the most of your digital camera in this full-day course. Explore your camera's functions and learn how to compose that perfect shot. Take a photowalk to practise your new skills, then fine tune your masterpieces using photo editing software.

For more information: 403-410-1546 or [continuingeducation@bowvalleycollege.ca](mailto:continuingeducation@bowvalleycollege.ca)



# U OF C HELPS TEACHERS GAIN SKILLS

The University of Calgary is helping foreign teachers to make their mark on Alberta classrooms through the Bridge to Teaching program.

Through the Bridge to Teaching Program, these foreign-trained teachers will gain skills and knowledge needed to teach within the Alberta school system.

“My experience with the Bridge to Teaching program is that, I find it very interesting because my perspective of teaching by taking this course is changing compared to my teaching back home,” says Susan Alexander, a teacher from India.

By recognizing that students today are very gadget driven, Alexander has learned to adjust her teaching to engage these students, something she may not have done back in India.

“We need to reshape our teaching

by including a variety of approaches,” says Alexander.

“The technology that I learned in this program gave me confidence to use them in schools.”

Many of the foreign teachers who enter the program have more than 10 years of teaching experience from their home countries, but fail to meet the requirements to teach in Alberta.

This intensive seven-month program focuses on Alberta curriculum, policies, and expectations on teachers and students.

It is also the first university program in Alberta that offers foreign-trained teachers an additional six half-courses and 10 weeks of practicum that helps them meet the certification requirements of Alberta Education.

For more information about the Bridge to Teaching program, there will be an open house March 22 from 6:30-8:30 p.m., on the University of Calgary campus.

Register by emailing [slendert@ucalgary.ca](mailto:slendert@ucalgary.ca) or by calling 403-210-7821.

Complete program details are available at [ucalgary.ca/gpe/bridge-teaching](http://ucalgary.ca/gpe/bridge-teaching).  
— Candice Ward

# WEE BIT OF SCOTLAND WITH BOW VALLEY PHOTOGRAPHY TOUR

A unique, all-access photography tour of Scotland is the newest offering in Bow Valley College's Live a Better Life series of continuing education programs.

This one-week tour from May 9-16 through the beautiful Scottish Highlands is open to any aspiring or intermediate photographers looking to hone their skills while enjoying some of the most historic and picturesque locations in Europe.

Led by professional photographer Julie Vincent, the tour includes day trips to the historic Culloden Battlefield and the mysterious stone circles of Clava Cairns with stops at Fort Augustus, Speen Bridge, Inverlochy Castle and Ben Nevis scotch distillery.

“Scotland is a really magical place — the skies seem higher and wider,” says Vincent. “It’s a place where you feel you can breathe more deeply.”

Photography enthusiasts will put that



BOW VALLEY COLLEGE PHOTO

to the test when they spend a half-day at Drumnadrochit and Urquhart Castle, on the eastern lip of Loch Ness; and a two-day, one-night stay in the extraordinary city of Edinburgh.

“One of my fondest loves in the highlands is Urquhart Castle. It’s just that much off the beaten path that one can really imagine what life was like for those who lived there,” says Vincent.

Accommodations include stays in Fort William, Inverness, and downtown Edinburgh. Guests have the option to book their own flights or pay for both through the college.

Photographs and descriptions of locations included in this tour can be viewed at [liveabetterlife.ca](http://liveabetterlife.ca) in the travel section.

For more, contact Live a Better Life at 403-410-1546.  
— Candice Ward

# THINKING OF GOING BACK TO SCHOOL PART-TIME?



UNIVERSITY OF  
CALGARY  
CONTINUING  
EDUCATION

Discover the course or certificate program that is right for you. Talk to a student advisor today. Seminars and courses are available at the University of Calgary main campus, at the downtown campus, or online.

- Adult and Community Education
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- Career and Academic Advising
- Construction Management
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- e-Learning
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- French Language and Culture
- French Language Studies
- Front-End Web Development
- Fundamentals of Project Management
- Graphic Design
- Health, Safety and Environment
- Human Resource Management

- IT Fundamentals
- Marketing
- .NET Development
- Personal Growth for Workplace Effectiveness
- Professional Management—General
- Professional Management—Professional Engineers, Geologists and Geophysicists

- Professional Management—Economic Developers
- Professional Writing
- Public Relations Management
- Real Estate Development
- Relational Databases
- Risk Management
- Security Management
- Spanish Language and Culture

- Strategic Management
- Teaching Second Languages
- Visual Design
- Web Application Development
- Web Graphics
- Workplace Communication
- Workplace Learning

Main Campus: 2500 University Drive NW | Downtown Campus: 906 8th Avenue SW



SAIT PHOTO

## SAIT MEETING NEEDS OF STUDENTS WITH DISTANCE EDUCATION

The flexibility of studying from home or even overseas is something SAIT recognizes as important to its students.

Distance Education is becoming increasingly popular and even the instructors at SAIT have learned the value of this learning style.

"Even as an instructor, I needed the

same flexibility as the students," says Judy McMillian-Evans, course developer and instructor at the SAIT School of Business.

McMillian-Evans has recently completed a Masters in Education, with a specialty in Distance Education, all online. "I could not have done it if I

could not have done it online," says McMillian-Evans.

As a former distance education student herself, McMillian-Evans understands the importance of developing courses to meet the unique needs of SAIT students.

"We are always trying to figure out

a way to engage students together and engage them with their instructor," says McMillian-Evans.

Courses are designed with a full array of learning tools, such as videos, reading and practical applications to ensure students are getting the most out of their online education.

"Variety is really important," says McMillian-Evans.

McMillian-Evans also stresses the importance of timeliness, for both students and instructors.

SAIT School of Business instructors respond quickly to student questions, so as to not hold up the student.

Distance education at SAIT is utilized by a number of different types of students from a number of different communities.

Some of these distance education students live in rural communities, are travelling, or live in other countries.

There is no limit to what a student can take through distance education at SAIT School of Business.

"Everything in the game of business is offered online through the SAIT School of Business," says McMillian-Evans.

For more information about Distance Education learning options through SAIT, visit [sait.ca](http://sait.ca).

— Candice Ward



UNIVERSITY OF  
CALGARY  
EDUCATION



## ARE YOU A TEACHER FROM ABROAD SEEKING CERTIFICATION TO TEACH IN ALBERTA?

Bridge to Teaching is an innovative eight-month program for foreign-trained teachers who speak English as an additional language and who want to teach in Alberta schools.

### OPEN HOUSE

March 22, 2012 from 6:30 pm to 8:30 pm

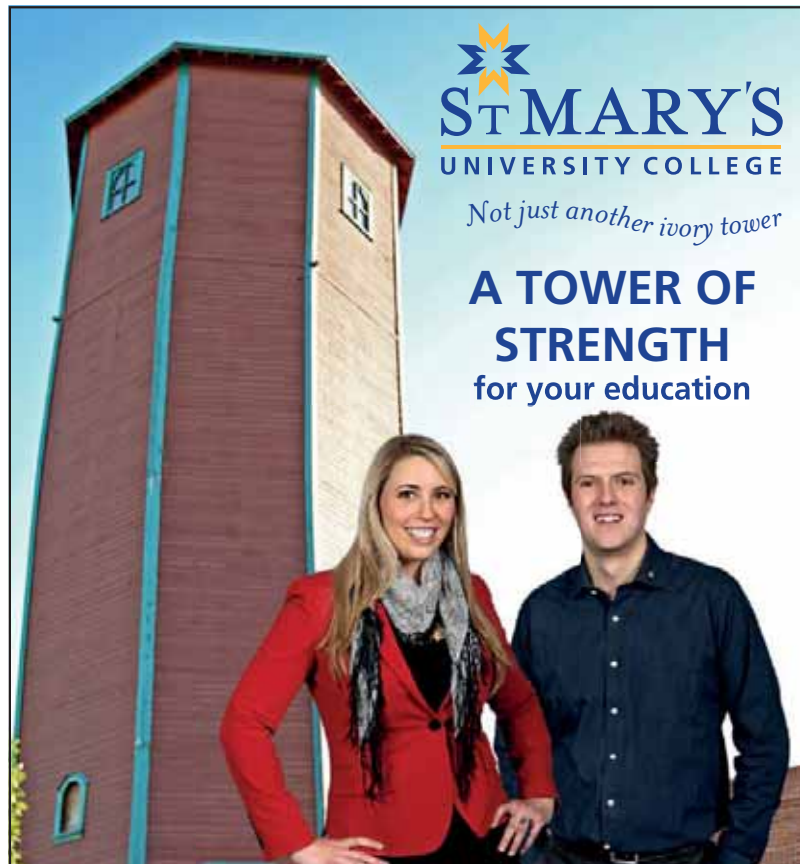
RSVP by March 21, 2012 to:  
[slendert@ucalgary.ca](mailto:slendert@ucalgary.ca)

<http://ucalgary.ca/gpe/bridge-teaching>

  
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ATHABASCA UNIVERSITY PHOTO

## HIGH SCHOOL UPGRADING

Jennifer loves being around people, but serving coffee 12 hours a day at minimum wage isn't her idea of fun. Without a high school diploma, though, she knows that's where she'll be for a long time to come. Jennifer knows it's time to get more serious...and finish school.

*Jennifer wanted  
MORE out of life*

Jennifer asked around and found out that Bow Valley College, along with offering more than 50 career programs, is a leader in high school upgrading. She knows that with her GED she'll have more opportunities for better jobs and might even go to college for career training. She picked up the phone and called the program advisor, filled out her online application and is now on her way to discovering just how capable she really is. Instructors and caring Learning Success Services staff are helping Jennifer realize that she'll not only succeed at finishing high school but she'll get way more out of her life.

**LEARN MORE. EARN MORE. DO MORE.**

**BOW VALLEY**  
COLLEGE

FIND OUT MORE  
bowvalleycollege.ca/more  
403-410-1595

# PURSuing KNOWLEDGE AT RENOVATED ATHABASCA LAB

Science has taken a new form at Athabasca University.

The newly renovated science lab will have even the maddest of scientists smiling.

"The newly expanded Robert Holmberg Science Laboratories at Athabasca University have finally opened access to research and teaching that significantly augment the practical and technological aspects of courses in the Bachelor of Science program," says Dr. Lisa Carter, dean, Faculty of Science and Technology at Athabasca University.

"The teaching space for students and research laboratories provides opportunities to use state-of-the-art precision equipment to facilitate various applications and activities."

The new labs are situated in Athabasca at the Athabasca University Central Campus and are ready for student use.

The labs were funded by the Knowledge Infrastructure Project, and contains interactive web and drawing space, using SMART technologies that can display such things as microscopic samples of bacteria, and audio-video manipulations, either live or obtained from the web.

The science laboratories comprise facilities that house the teaching of students and designated facilities for conducting research in areas in physics, geology, microbiology, biology and chemistry.

"With research laboratories in close proximity to teaching area, students have the added opportunity to experience hands-on experiences that enhance their learning experience," says Carter.

The laboratories are open to students, researchers and external agencies who are conducting work on the Athabasca River Basin.

For more information about Athabasca University, visit [athabascau.ca](http://athabascau.ca).

— Candice Ward

## HOME LAB KITS

For students who can't take advantage of the new state-of-the-art laboratories, you can have the lab come to you.

Athabasca University offers students home laboratory kits.

Assembled in the new laboratory, the kits are sent to students, who complete the various exercises and submit their analyses and reports.

# GET MORE BANG FOR YOUR BUCK

## U OF C CONTINUING EDUCATION CERTIFICATE PROGRAMS APPEAL TO MANY INTERESTS

More than 40 certificate programs are available through part-time study at University of Calgary Continuing Education.

Going back to school on a part-time basis was the answer for Theresa Cochran, a recent graduate of the Certificate in Professional Management and a city of Calgary employee.

"When I began looking, I wanted a program that would give me the most bang for my buck," says Cochran.

"When you have a family at home and work full time, you really want to utilize your time as effectively as possible."

Hundreds of students like Cochran graduate with Continuing Education certificates every year.

"I believe that continuous learning is necessary for growth, and I think you should always be planning for your future rather than waiting for your future to happen to you," says Cochran.

"In order to do that, you have to prepare in advance. Continuing Education programs allow people to do that."

Certificate programs require 60 to 300 hours of instruction, and appeal to a wide range of interests in areas such as: Business and management, adult learning, computing, environmental management, health and safety, leadership, French, Spanish, teaching second

languages, writing, and visual design.

Continuing Education courses are taught in the classroom, online, or in a blended format (partly in the classroom and partly online).

"We understand our students need flexible learning options, and we're always working with that goal in mind," says Judith Russell, Continuing Education registrar.

"Last year, we began offering courses in the down-

town campus, and we can see it's quickly becoming a favourite option for people who work in the core and want to go directly to class from work."

For more information about Continuing Education certificate programs, visit [conted.ucalgary.ca](http://conted.ucalgary.ca) and click on the certificates tab, or call 403-220-2866 to speak to a program information specialist.

— Candice Ward,  
with files from the University of Calgary

### PRACTICAL NURSE DIPLOMA (2 YRS)

When Maja arrived in Canada, she knew she wanted to become a health care professional and offer more. She knew it was time to get even more serious...

## Maja cares more

...and get a career. Maja knows that if you want to be the best, you train with the best. She did her research and found out that Bow Valley College, along with offering more than 50 career programs, is a leader in Practical Nurse education. She also found out that she can earn up to \$35 an hour. She picked up the phone, called a BVC advisor, and discovered she could take the program on a full-time in-class basis or part-time in an online and classroom blend. She filled out her online application and is now on her way to learning how to provide real care. She'll even do her practicum at a local health-care facility. Maja knows with the right training, she's on her way to becoming a valued member of the Alberta healthcare system and will succeed in her career as a licensed practical nurse.

**LEARN MORE. EARN MORE. DO MORE.**

**BOW VALLEY**  
COLLEGE

**FIND OUT MORE**  
[bowvalleycollege.ca/more](http://bowvalleycollege.ca/more)  
403-410-1402



| Theresa Cochran

UNIVERSITY OF CALGARY PHOTO

### DOWNTOWN CAMPUS

Understanding the need for flexible learning options for students, University of Calgary Continuing Education began offering courses at the downtown campus last year.

Most certificate courses delivered in a traditional classroom format are offered at both the main and downtown campuses, evenings and weekends. Some certificates can be achieved completely online.

# ADVANCE YOUR CAREER IN BUSINESS

WITH AN ONLINE DIPLOMA IN MANAGEMENT

SAIT Polytechnic's Business Administration - Management Diploma (Online) gives you specialized training that fits your schedule. You'll benefit from collaborative online courses and learn interpersonal, organizational and decision-making skills - so you can advance your career anytime, anywhere.

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DISTANCE EDUCATION

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POLYTECHNIC



BOW VALLEY COLLEGE PHOTO

# FUNDAMENTALS OF DECORATING

WITH BOW VALLEY COLLEGE CERTIFICATE

A career in interior decorating is only 220 hours away with Bow Valley College's Professional Interior Decorating Certificate.

This continuing education program offers courses on theory and practice to expand learners' current residential decorating knowledge and get a job in the interior decorating industry.

"This program provides the practical training needed to begin consulting or working for a larger organization," says Pat Methuen, BVC's director of Continuing Education.

"There's a healthy demand for interior decorators and the industry continues to grow, which is due in large part to all the television shows and magazines dedicated to the profession."

The certificate features six core courses totalling 120 hours and two groups of elective courses totalling 100 hours.

Learners will take courses in lighting effects and techniques, space planning, the influence of colour in decorating, textiles, window treatments and much more.

"We've built a comprehensive suite of programs that touch on the fundamentals of decorating, as well as more technical and theoretical aspects of the profession," says Methuen.

The certificate even includes a course dedicated to starting an interior decorating business that gives insight into using wholesalers for supplies and materials, and how the

## COURSE INFO

Prepares students for work as an independent consultant or in a large organization.

Register for courses at various points throughout the year.

Program includes an elective course in running an interior decorating business.

Two-year Interior Decorating Diploma available through BVC's Business department.

industry operates.

"It's important that our students learn from the best. Our interior decorating instructors are industry professionals who bring with them a wealth of industry knowledge and expertise," says Methuen.

Courses for the certificate are offered during the weekend or in the evenings and range from six to 20 hours. Registration is ongoing throughout the year.

"If someone starts the program in September and works hard to fast-track their studies, they could finish the certificate in one year," says Methuen.

"Someone could even choose to earn their certificate over three years — it's entirely flexible," says Methuen.

For more information about our Interior Decorating courses and certificate, contact 403-410-1595 or email [continuingeducation@bowvalleycollege.ca](mailto:continuingeducation@bowvalleycollege.ca).

Baseball

## Knee problems will likely send Utley back to DL

Chase Utley will likely start the season on the disabled list for the second straight year because of problems with both knees.

The five-time All-Star second baseman left camp to see a specialist, and it's uncertain when he'll be ready to play for the Philadelphia Phillies.

THE ASSOCIATED PRESS

Soccer

## Bolton player Muamba shows signs of recovery

English soccer player Fabrice Muamba began breathing independently and responding to family members on Monday, showing significant signs of recovery in intensive care two days after suffering a cardiac arrest during a match.

The 23-year-old Bolton midfielder collapsed on the pitch just before halftime at Tottenham on Saturday. Initial attempts to resuscitate him were unsuccessful, and his heart started beating on its own again only later in the hospital.

THE ASSOCIATED PRESS

NHL

## Preds GM expects Radulov soon

The Nashville Predators believe Alexander Radulov is ready to return to the NHL.

General manager David Poile released a statement Monday saying that "every indication" is that Radulov will rejoin the Predators in the "near future."

Radulov spent two seasons with the Predators before bolting to the newly formed KHL in 2008 even though he had one year remaining on his entry-level contract with Nashville.

THE ASSOCIATED PRESS

NFL

## Panthers add a running back

The Carolina Panthers have added more depth to their already deep stable of running backs.

The Panthers announced Monday they've signed free agent Mike Tolbert from the San Diego Chargers.

THE ASSOCIATED PRESS



Peyton Manning, left, takes a tour with Denver Broncos executive John Elway, right, and coach John Fox on March 9. THE ASSOCIATED PRESS/THE DENVER POST

# Manning picks the Broncos

## NFL. Work underway on finalizing deal between former Colts QB and Denver

The Denver Broncos got their Man. Make that Peyton Manning.

Pending final contract negotiations, Manning will join John Elway's Broncos with hopes of winning another Super Bowl.

So much for Tebowmania. Still to be decided is what happens to last season's quarterback sensation, Tim Tebow.

The Broncos and Manning agent Tom Condon spent Monday working out parameters of a deal expected to be worth about \$95 million over five years after the NFL's only four-time MVP called Elway, the Broncos' revered QB-turned-executive, and told him he had decided to come to Denver.

Tennessee Titans owner Bud Adams also said Manning let him know that he had picked the Broncos. Adams released a statement Monday confirming the Titans were out of the running and later said to The Tennessean: "He called me himself

and told me he wasn't coming, that he made his mind up to go with Denver."

Besides the Titans, the San Francisco 49ers had been a finalist in the chase for Manning, who turns 36 on Saturday and missed all of 2011 because of multiple neck surgeries.

ESPN first reported the record-setting quarterback instructed his agent to negotiate the details of a deal with the Broncos, less than two weeks

after the Indianapolis Colts released him rather than pay a \$28-million bonus.

"I think it's a great place for him," Broncos defensive end Robert Ayers said outside the Broncos' complex. "I don't think he made a bad decision. I think he made a great decision. Hopefully we can prove him right and hopefully we can win a lot of games here."

Despite being sidelined all of last season, Manning's suc-

cess in the past — the Colts averaged a 12-4 record from 2001-10 — made him by far this off-season's top potential signing and perhaps the most desired free agent ever.

He was wooed to Denver by Hall of Fame quarterback Elway, who led the Broncos to two Super Bowl championships and now serves as their vice-president of football operations.

THE ASSOCIATED PRESS

Analysis

## Opportunity trumps Tebowmania

The images were indelible for Denver fans or anyone watching on TV as Tebowmania swept the nation.

On the sidelines, Tim Tebow was Tebowing after scoring yet another late touchdown. In his box upstairs, John Elway was trying his best to look excited about a quarterback he could barely stand to watch.

It was a shotgun marriage from the beginning, this unlikely pairing of a Hall of Fame passer with a quarterback

who never seems comfortable in the pocket. Now they are likely to divorce, because with Peyton Manning coming aboard there's going to be a different kind of mania sweeping the mile-high city.

For that, Bronco fans can thank the good people running the Indianapolis Colts. Without Manning on the open market, Elway likely would have been

forced by popular demand to keep Tebow. Manning gave him an opening, and Elway reacted like the gambling quarterback he once was in landing the kind of quarterback he always wanted.

The move was brilliant, assuming Manning is healthy and remains healthy. That's a big assumption, but Vegas oddsmakers quickly gave it their stamp of approval, lowering the odds of the Broncos winning the Super Bowl from as high as 50-1 to 10-1.

THE ASSOCIATED PRESS



# 4

## SPORTS



### Flames preview

Calgary at Colorado  
7 p.m.

(Sportsnet West)

The Flames (34-26-13) visit Colorado (39-30-5), which has yet to win against Calgary this season. The Avalanche sit two points ahead of the Flames after defeating the Rangers 3-1 on Saturday. Gabriel Landeskog scored in the win and leads all rookies with 21 goals and 47 points. Semyon Varlamov has won six of his past seven starts, posting a 9-2 record since Feb. 22 with a 1.35 goals-against average, a .956 save percentage and two shutouts.

THE CANADIAN PRESS

# NATIONAL HOCKEY LEAGUE

## EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-NY Rangers	72	45	20	1	5	199	160	97	25-9-0-2	20-11-2-3	4-5-1-0	W1
d-Boston	72	42	27	1	2	236	178	87	22-13-1-1	20-14-0-1	4-6-0-0	W2
d-Florida	71	35	23	5	8	180	197	83	20-9-1-7	15-14-4-1	6-3-0-1	W4
Pittsburgh	71	44	21	3	3	231	180	94	24-8-2-0	20-13-1-3	9-0-1-0	L1
Philadelphia	72	42	22	2	6	231	204	92	19-10-1-4	23-12-1-2	8-1-0-1	W1
New Jersey	73	41	27	2	3	200	191	87	20-13-0-3	21-14-2-0	6-4-0-0	L2
Ottawa	73	37	26	6	4	221	213	84	19-14-2-2	18-12-4-2	5-3-0-2	L1
Washington	73	37	30	3	3	198	208	78	23-10-1-2	14-20-2-1	5-4-1-0	W1
Buffalo	73	34	29	4	6	187	207	78	18-11-3-5	16-18-1-1	6-2-0-2	W1
Winnipeg	72	34	30	4	4	192	203	76	23-11-3-1	11-19-3-1	5-4-0-1	L1
Carolina	73	29	29	9	6	194	217	73	18-13-1-5	11-16-8-1	5-3-2-0	W3
Toronto	73	32	33	4	4	208	227	72	16-13-3-3	16-20-1-1	3-6-0-1	L1
Tampa Bay	72	32	33	4	3	202	247	71	21-14-1-1	11-19-3-2	4-5-1-0	L3
NY Islanders	72	29	32	7	4	168	211	69	15-16-5-1	14-16-2-2	3-4-2-1	W1
Montreal	73	28	32	4	9	191	203	69	13-15-2-7	15-17-2-2	4-3-2-1	L2

## WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-St. Louis	73	46	19	1	7	189	142	100	28-4-1-3	18-15-0-4	7-2-0-1	W1
d-Vancouver	72	43	21	1	7	223	182	94	21-10-0-4	22-11-1-2	3-5-1-1	L1
d-Dallas	72	39	28	1	4	189	192	83	20-13-0-3	19-15-1-1	7-2-0-1	L2
Nashville	72	42	22	3	5	206	186	92	23-8-2-3	19-14-1-2	6-3-0-1	W1
Detroit	73	44	25	2	2	224	179	92	28-9-1-1	16-20-1-1	3-6-1-0	L5
Chicago	73	40	25	4	4	222	212	88	25-7-1-4	15-18-3-0	7-2-0-1	W3
Phoenix	73	36	26	3	8	191	188	83	18-12-2-4	18-14-1-4	3-5-0-2	W1
Colorado	74	39	30	3	2	194	195	83	21-15-0-1	18-15-3-1	6-3-0-1	W1
San Jose	71	36	25	5	5	194	181	82	21-11-2-1	15-14-3-4	4-3-1-2	W2
Los Angeles	72	35	25	5	7	167	157	81	19-13-0-4	16-12-5-3	7-3-0-0	W3
Calgary	73	34	26	5	8	182	199	81	20-9-1-5	14-16-4-3	6-1-1-2	L2
Anaheim	73	30	32	5	6	180	203	71	19-16-2-0	11-16-6-3	3-6-1-0	L2
Minnesota	72	30	32	2	8	155	199	70	16-11-3-1	14-17-1-5	2-7-0-1	W1
Edmonton	72	28	36	3	5	190	213	64	18-15-2-3	10-22-1-2	3-5-1-1	L1
Columbus	72	23	42	2	5	166	231	53	13-20-1-2	10-22-1-3	5-5-0-0	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

### Last night's results

Boston 8 Toronto 0  
Minnesota 2 Vancouver 0  
Buffalo 7 Tampa Bay 3  
N.Y. Rangers 4 New Jersey 2  
Washington 5 Detroit 3  
Anaheim at San Jose  
**Sunday's results**  
Columbus 2 Calgary 1 (SO)  
Phoenix 3 Edmonton 2 (SO)  
Carolina 4 Winnipeg 3  
Philadelphia 3 Pittsburgh 2 (OT)  
Chicago 5 Washington 2  
Nashville 3 Anaheim 1  
**Tonight's games**

N.Y. Islanders at Toronto, 7 p.m.  
Florida at Philadelphia, 7 p.m.  
Winnipeg at Pittsburgh, 7 p.m.  
Chicago at Columbus, 7 p.m.  
New Jersey at Ottawa, 7:30 p.m.  
Edmonton at Nashville, 8 p.m.  
Phoenix at Dallas, 8:30 p.m.  
Calgary at Colorado, 9 p.m.  
San Jose at Los Angeles, 10:30 p.m.  
**Tomorrow's games**  
Montreal at Buffalo, 7 p.m.  
Florida at Carolina, 7 p.m.  
Detroit at N.Y. Rangers, 7:30 p.m.  
Vancouver at Chicago, 8 p.m.  
St. Louis at Anaheim, 10 p.m.

### BRUINS 8, MAPLE LEAFS 0

#### First Period

1. Boston, Kelly 18 (Pouliot) 2:25  
2. Boston, Campbell 8 (Ferreira, Paille) 5:40  
3. Boston, Pouliot 11 (Boychuk, Rolston) 10:58  
4. Boston, Marchand 24 (Seguin, Seidenberg) 12:42 (pp)

**Penalties** — Rosehill Tor (roughing), Schenn Tor, Campbell Bos (fighting) 12:19, Komisarek

Tor (fighting), Lucic Bos (roughing, fighting; served by Seguin) 13:10.

#### Second Period

5. Boston, Pouliot 12 (Rolston, Kelly) 2:31  
6. Boston, Chara 10 (Rolston) 5:45 (pp)  
7. Boston, Rolston 6 (Krejci, McQuaid) 19:25  
**Penalty** — MacArthur Tor (holding) 5:01.

#### Third Period

8. Boston, Seguin 26 (Krejci, Lucic) 18:29  
**Penalty** — Caron Bos (holding) 0:41.

#### Shots on goal by

Toronto	2	5	6	13
Boston	9	8	7	24

**Goal** (shots-saves) — Toronto: Reimer (L,13-13-4)(9-5), Gustavsson (12:42 first)(15-11); Boston: Thomas (W,31-18-0).

**Power plays (goals-chances)** — Toronto: 0-2; Boston: 2-2.

**Attendance** — 17,565 (17,565).

### WILD 2, CANUCKS 0

#### First Period

1. Minnesota, Christensen 5 (Brodziak, Clut-terbuck) 19:36 (pp)

**Penalties** — Burrows Vcr (roughing), Bieksa Vcr, Johnson Min (fighting) 18:04.

#### Second Period

##### No Scoring.

**Penalties** — Stoner Min (high-sticking) 4:34, Kesler Vcr (clipping) 18:52.

#### Third Period

2. Minnesota, Brodziak 19, 19:57 (en)

**Penalties** — Gragnani Vcr, Stoner Min (roughing) 2:13, Hansen Vcr (goaltender interference) 14:00.

#### Shots on goal by

Vancouver	11	12	10	33
Minnesota	12	17	5	34

**Goal** — Vancouver: C.Schneider (L,16-1-7); Minnesota: Harding (W,10-10-4).

**Power plays (goals-chances)** — Vancouver: 0-1; Minnesota: 1-3.

**Attendance** — 17,188 (18,064).

## SUNDAY

### HURRICANES 4, JETS 3

#### First Period

1. Carolina, Jokinen 11, 7:41 (sh)  
2. Winnipeg, Antropov 13 (Stapleton, Stuart) 11:41

**Penalties** — Jokinen Car (slashing) 4:08, Joslin Car (cross-checking) 7:30, Allen Car (boarding) 8:05, Wheeler Wpg (hooking) 12:12, Bur-

mistrov Wpg (boarding) 13:07, Kane Wpg (tripping) 17:49.

#### Second Period

3. Carolina, Staal 20 (Brent, Tlusty) 5:46 (pp)  
4. Winnipeg, Miettinen 1 (Kane, Enstrom) 10:29 (pp)

5. Winnipeg, Miettinen 2 (Machacek) 18:54  
**Penalties** — Stuart Wpg (interference) 5:21, Dwyer Car (high-sticking, fighting), Machacek

Wpg (roughing, fighting) 6:09, Tlusty Car (hooking) 8:29, Bogosian Wpg (charging, game misconduct; served by Wellwood) 10:41,

Ruutu Car (interference) 14:25.

#### Third Period

6. Carolina, Staal 21 (Jokinen) 10:24  
7. Carolina, LaRose 17 (Staal, Jokinen) 18:38

#### Penalties

— None.

#### Shots on goal by

Carolina	7	9	19	35
Winnipeg	12	7	14	33

**Goal** — Carolina: Ward (W,26-21-12); Win-nipeg: Pavelec (L,27-24-7). **Power plays (goals-chances)** — Carolina: 1-5; Winnipeg: 0-5.

**Attendance** — 15,004 (15,004).

### COYOTES 3, OILERS 2 (SO)

#### First Period

##### No Scoring.

**Penalties** — Yandle Phx, Petrell Edm (fighting) 1:25, Jones Edm (roughing) 4:29, Hanzal Phx (holding the stick) 5:40.

#### Second Period

1. Edmonton, Eberle 32 (Jones) 6:53  
2. Edmonton, Hemsky 6 (Petry, Smid) 7:26

#### Penalties

— None.

#### Third Period

3. Phoenix, Whitney 22, 7:58  
4. Phoenix, Torres 14 (Brule) 17:37

#### Penalties

— None.

#### Overtime

Missed penalty shot — Yandle Phx, 2:42.  
**Penalty** — Yandle Phx (kneeing) 0:27, Petry Edm (hooking) 4:21.

#### Shootout

Phoenix wins 2-1  
Phoenix (2) — Boedker, goal; Whitney, goal.  
Edmonton (1) — Eberle, miss; Gagner, goal;  
Nugent-Hopkins, miss.

#### Shots on goal by

Phoenix	12	12	12	6—42
Edmonton	9	16	12	1—38

**Goal** — Phoenix: Smith (W,32-18-8); Edmon-ton: Dubnyk (L,16-17-2). **Power plays (goals-chances)** — Phoenix: 0-2; Edmonton: 0-2.

**Attendance** — 16,839 (16,839).

## BLUE JACKETS 2, FLAMES 1 (SO)

#### First Period

1. Columbus, Nikitin 5 (Lebda, Boyce) 13:03  
**Penalties** — Giordano Cal (hooking) 7:32, Boll Clb, Desbiens Cal (fighting) 13:10, Moore Clb (hooking) 16:35.

#### Second Period

##### No Scoring.

**Penalties** — Boll Clb (illegal check to head) 6:31, J.Johnson Clb (hooking) 15:42.

#### Third Period

2. Calgary, Stajan 7 (Glencross, Comeau) 8:34  
**Penalties** — Columbus bench (too many men; served by Prospal) 2:18, Glencross Cal (slash-ing) 3:45, Dorsett Clb (interference), Glen-cross Cal (high-sticking) 6:13.

#### Overtime

##### No Scoring.

**Penalties** — None.

#### Shootout

Columbus wins 1-0  
Columbus (1) — Nash, miss; Letestu, miss;  
J.Johnson, miss; Atkinson, goal.

Calgary (0) — Tanguay, miss; Jokinen, miss,  
Glencross, miss; Iginla, miss.

#### Shots on goal by

Columbus	5	3	9	1—18
Calgary	7	16	6	2—31

**Goal** (shots-saves) — Columbus: Sanford (2-2), Mason (W,12-23-3)(14:37 first, 29-28);  
Calgary: Kiprusoff (L,31-19-9).

**Power plays (goals-chances)** — Columbus: 0-2;  
Calgary: 0-4.

**Attendance** — 19,289 (19,289).

## MLB

### SPRING TRAINING

#### Yesterday's results

St. Louis 4, Atlanta 3  
Houston 7, Miami 4  
Philadelphia 4, Detroit 3

Minnesota 8, Boston 4  
Chicago Cubs 12, Seattle 7  
Cleveland 4, L.A. Dodgers 3

Oakland 6, Arizona 5  
Cincinnati 1, Chicago White Sox 0  
Milwaukee 5, Texas 3

Colorado 4, L.A. Angels 3  
**Today's games**

Atlanta vs. Detroit at Lakeland, Fla., 1:05 p.m.  
St. Louis vs. Houston at Kissimmee, Fla., 1:05 p.m.

Tampa Bay vs. Miami at Jupiter, Fla., 1:05 p.m.  
Philadelphia vs. Baltimore at Sarasota, Fla., 1:05 p.m.

L.A. Angels vs. Kansas City at Surprise, Ariz., 4:05 p.m.  
Seattle vs. Cincinnati at Goodyear, Ariz., 4:05 p.m.

Milwaukee vs. L.A. Dodgers at Glendale, Ariz., 4:05 p.m.  
Chicago Cubs (ss) vs. Oakland at Phoenix, 4:05 p.m.

Texas vs. Chicago Cubs (ss) at Mesa, Ariz., 4:05 p.m.  
San Francisco vs. Arizona at Scottsdale, Ariz., 4:10 p.m.

Washington vs. N.Y. Mets at Port St. Lucie, Fla., 6:10 p.m.  
Pittsburgh vs. N.Y. Yankees at Tampa, Fla., 7:05 p.m.

Toronto vs. Boston at Fort Myers, Fla., 7:05 p.m.  
Colorado vs. San Diego at Peoria, Ariz., 10:05 p.m.

# NBA

## EASTERN CONFERENCE

	W	L	Pct	GB
d-Chicago	38	10	.792	—
d-Miami	33	11	.750	3
Orlando	29	18	.617	8½
d-Philadelphia	26	20	.565	11
Indiana	25	18	.581	10½
Atlanta	26	20	.565	11
Boston	24	21	.533	12½
New York	21	24	.467	15½
Milwaukee	20	24	.455	16
Cleveland	17	26	.395	18½
Detroit	16	29	.356	20½
Toronto	15	30	.333	21½
New Jersey	15	32	.319	22½
Washington	10	34	.227	26
Charlotte	7	37	.159	29

## WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	34	11	.756	—
d-San Antonio	29	14	.674	4
d-L.A. Lakers	28	17	.622	6
L.A. Clippers	26	18	.591	7½
Memphis	25	18	.581	8
Dallas	26	20	.565	8½
Denver	25	20	.556	9
Houston	24	22	.522	10½
Phoenix	23	22	.511	11
Utah	23	22	.511	11
Minnesota	22	24	.478	12½
Portland	21	24	.467	13
Golden State	18	24	.429	14½
Sacramento	16	29	.356	18
New Orleans	11	34	.244	23

#### d-division leader

##### Last night's results

Philadelphia 105, Charlotte 80  
Boston 79, Atlanta 76  
Cleveland 105, New Jersey 100  
Chicago 85, Orlando 59

Minnesota at Golden State  
Dallas at Denver

#### Sunday's results

Atlanta 103, Cleveland 87  
L.A. Clippers 87, Detroit 83, OT  
Sacramento 115, Minnesota 99  
Memphis 97, Washington 92

Miami 91, Orlando 81  
Phoenix 99, Houston 86  
Utah 103, L.A. Lakers 99  
Oklahoma City 111, Portland 95

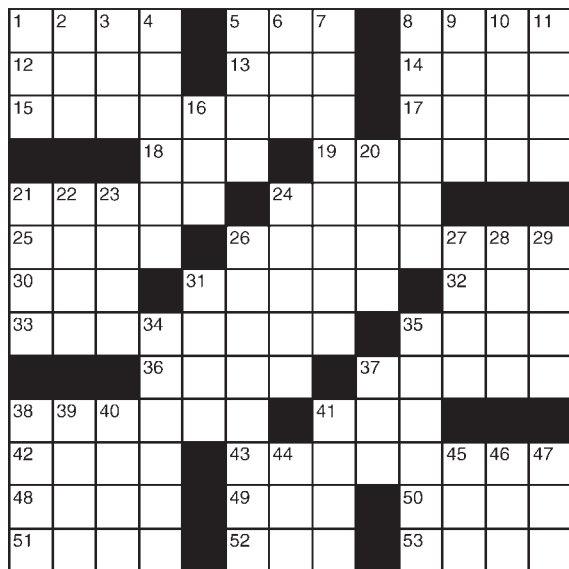
## Crossword

### Across

- 1 Tire-changing aid
- 5 Spring mo.
- 8 Got bigger
- 12 Shaving cream additive
- 13 Fish eggs
- 14 Greek vowel
- 15 Fundraising events
- 17 Toe woe
- 18 Shell game item
- 19 Make money (from)
- 21 Ill-tempered one
- 24 "Groovy!"
- 25 Go sightseeing
- 26 Try to touch your toes, maybe
- 30 Blackbird
- 31 Logic
- 32 Raw rock
- 33 Sodium — (food preservative)
- 35 Tarzan's transport
- 36 Not all mine
- 37 "America's Next Top —"
- 38 Man's hat style
- 41 It's between jay and el
- 42 Egg
- 43 C-note
- 48 Toll road
- 49 CSA leader
- 50 Fence opening
- 51 Coaster
- 52 — out a living
- 53 Formerly, formerly

### Down

- 1 Poke
- 2 Brewery product
- 3 Opposed to
- 4 Big enough fish, maybe



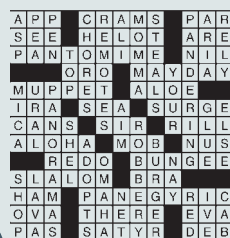
- 5 Met melody
- 6 Cauldron
- 7 Answer
- 8 Male escort
- 9 Santa's runway
- 10 Needle case
- 11 1/746 horse-power
- 16 Not many
- 20 Took the train
- 21 Impale
- 22 Sharpen
- 23 Destroy
- 24 Small change
- 26 Not too bad
- 27 Null partner
- 28 Sea eagle
- 29 Spool
- 31 Tart to the taste
- 34 Sped

- 35 Trip
- 37 Army rank (Abbr.)
- 38 Dandies
- 39 Satanic
- 40 Carolina campus
- 41 Dangling site
- 44 "A mouse!"
- 45 Scratch the surface
- 46 "— Impossible"
- 47 Butterfly catcher

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)



### Monday's answer



## Sudoku



### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Monday's answer



## Weather

### TUESDAY



MAX: 6°  
MIN: -9°

### WEDNESDAY



MAX: 3°  
MIN: -3°

### THURSDAY



MAX: 7°  
MIN: -7°



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**WEEKDAYS 5:30 AM**



## Horoscope

### ♈ Aries | March 21 - April 20.

With the Sun moving into your birth sign this is the perfect time to let go of all those things that are holding you back.

### ♉ Taurus | April 21 - May 21.

You will find yourself up against someone today who is at best unhelpful and at worst downright hostile.

### ♊ Gemini | May 22 - June 20.

You may not be able to get your own way today but is that really a bad thing?

### ♋ Cancer | June 21 - July 22.

You are determined to prove yourself, and you will.

### ♌ Leo | July 23 - Aug. 22.

The Sun

moves in your favour today, making it easier to develop your own ideas and your own way of doing things.

### ♍ Virgo | Aug. 23 - Sept. 22.

Don't take anything on trust. Sometimes, like now, it can pay to be a bit suspicious.

### ♎ Libra | Sept. 23 - Oct. 22.

The effort you have put into a project of some kind has not been wasted.

### ♏ Scorpio | Oct. 23 - Nov. 21.

By all means set yourself a new target today but don't make it so way out there that failure is more likely than not.

### ♐ Sagittarius | Nov. 22 - Dec. 21.

If you are too critical of a friend or colleague today you might

turn them against you, so keep that wagging Sag tongue of yours under control!

### ♑ Capricorn | Dec. 22 - Jan. 20.

If you find yourself at odds with someone you live or work with today it might be best to back off and let them have the last word.

### ♒ Aquarius | Jan. 21 - Feb. 18.

If someone offers to do you a favour today make sure you know what they expect of you in return.

### ♓ Pisces | Feb. 19 - March 20.

If you get the chance to make some money in a way that is not entirely in line with your principles you would be wise to turn it down. There are many ways to be rich.

SALLY BROMPTON



## Caption Contest

"Hey look!! I'm air planking!!"

Diana

DARKO BANDIC/ THE ASSOCIATED PRESS

## Win!



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